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Chipotle Black Bean Burgers With Avocado Salsa

Ingredients:

- 1 15-ounce (425g) can low-sodium black beans, rinsed, drained and divided
- 1/3 cup (79g) plain 0% Greek yogurt
- 6 tablespoons (29g) green onions, chopped and divided
- 1 tablespoon chipotle peppers canned in adobo sauce, minced
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt, divided
- 1 large egg, lightly beaten
- 1/2 cup (36g) panko breadcrumbs
- 1 tablespoon canola oil
- 1 medium avocado, peeled, pitted and diced
- 1 medium tomato, diced
- 2 teaspoons fresh lime juice

Directions:

Reserve 1/3 cup beans. Place remaining beans in a medium bowl and mash with a fork. Add yogurt, 4 tablespoons green onions, chipotle, garlic powder, 1/4 teaspoon salt and egg; stir well. Fold in panko and reserved 1/3 cup beans. Divide mixture into four equal portions, shaping each into a 1/2-inch thick patty.

Heat a large nonstick skillet over medium heat. Add oil to pan, swirling to coat. Place patties in pan and cook until browned on the bottom, 4–5 minutes. Carefully turn patties over; cook until browned on the opposite side, 4–5 minutes more.

Meanwhile, combine avocado, tomato, lime juice, remaining 2 tablespoons of green onions and 1/4 teaspoon salt; toss gently to combine. Top burgers with salsa and serve.

Serves: 4 | Serving Size: 1 burger patty and 1/2 cup salsa

Nutrition (per serving): Calories: 237; Total Fat: 11g; Saturated Fat: 1g; Monounsaturated Fat: 6g; Cholesterol: 47mg; Sodium: 388mg; Carbohydrate: 27g; Dietary Fiber: 8g; Sugar: 2g; Protein 10g

Nutrition Bonus: Potassium: 599mg; Iron: 16%; Vitamin A: 13%; Vitamin C: 18%; Calcium: 8%