



Quinoa Black Bean Burgers

9 servings

Ingredients

Burgers

- ½ cup quinoa
- 1 cup water
- 2-15 ounce cans black beans, rinsed and drained
- 1 large egg
- ¼ cup salsa
- ¼ cup cornmeal
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon cayenne pepper (optional)

Toppings

- 9 iceberg lettuce leaves (to use as wraps)
- 9 tablespoons salsa
- 1 large avocado, sliced into 9 slices

Instructions

Cook dried quinoa in water according to package directions.

Puree 1 can black beans, ¼ cup salsa and egg in a blender or food processor until smooth.

Pour cooked quinoa in a medium bowl; add pureed beans, remaining 1 can black beans, cornmeal, chili powder, cumin and cayenne pepper and mix together until well blended.

Form bean mixture into nine, ½-inch thick patties.

Coat a large skillet or grill pan with cooking spray and heat over medium heat. Add black bean patties and grill about 2-3 minutes per side, until slightly brown.

Serve each black bean burger in lettuce wrap topped with 1 tablespoon salsa and an avocado slice.