



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Sweet Potato Black Bean Burgers

Makes 10-12 burgers

Ingredients:

- 2 large sweet potatoes, peeled, boiled, and mashed
- 1 can (14.5 oz) black beans, drained and rinsed
- 1 1/2 cups brown basmati rice, cooked (or white rice)
- 1/2 cup scallions, diced
- 1/2 cup ground pecans
- 2 ounces cheddar cheese, shredded
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions:

1. Preheat the oven to 350° F.
2. Add the ingredients to a large mixing bowl and mix well.
3. Use 1/3 cup of the burger mixture to hand form patties. Place on a parchment lined baking sheet.
4. Bake for 35–40 minutes, flipping carefully halfway through.

Serving suggestion: Serve on mini rolls topped with sliced tomato and pickled red onions.

Other topping ideas: sliced avocado, lettuce, fried egg, cheese, Dijon mustard, etc.

Nutrition Facts (per burger): 125 calories, 5 grams fat, 1 gram saturated fat, 0 grams trans fat, 5 milligrams cholesterol, 180 milligrams sodium, 16 grams carbohydrates, 3 grams fiber, 3 grams sugar, 4 grams protein

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