

Preventing Women's Heart Disease Through Education



CAROL For Heart

Black Bean and Pepper Jack Burgers with Sliced Avocado

Servings: 5

Preparation: 10 minutes

Two 14-ounce cans black beans, rinsed and drained

3 tablespoons mayonnaise

1/3 cup plain dry bread crumbs

2 teaspoons ground cumin

1 teaspoon dried oregano, crumbled

1/4 teaspoon cayenne

1/4 cup finely chopped cilantro

2 tablespoons vegetable oil

4 slices pepper jack cheese

4 soft hamburger buns

4 tablespoons ketchup

1 avocado, sliced

- Pulse half beans in a food processor with mayonnaise, bread crumbs, cumin, oregano, and cayenne until a coarse purée forms.
- Transfer to a bowl and stir in cilantro and remaining can beans. Form mixture into 4 patties.
- Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers.
- Cook burgers until outsides are crisp and lightly browned, turning once, about 5 minutes total.
- Top with cheese; serve on buns with ketchup and avocado.

Per Serving: Calories 820; Protein 40.8g; Carbohydrates 119.8g; Cholesterol 14mg; Total Fat 21.9g; Saturated fat 5.4g; Fiber 27.2g; Sodium 515mg; Calcium 40% – Based on a 2000 calorie diet

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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