



Black Bean Burgers

- 1 15 ounce can black beans, drained
- 1/2 onion, diced
- 1 tsp hot sauce
- 1/2 red or yellow bell pepper, diced
- 1/2 tsp cayenne pepper
- 1 egg
- 1 cup bread crumbs
- oil for frying (optional)



1. Mash the beans in a large bowl with a fork.
2. Add remaining ingredients, mixing until well combined.
3. Press firmly to form into patties.
4. Barbecue on a grill over a medium heat, or heat a small amount of oil in a frying pan and fry burgers until heated through, 4-5 minutes.
5. Top with grilled veggies, and serve on a bun.

Makes: 4 servings

Nutrition Information:

CALORIES 270 (11% from fat); FAT 3.5g (sat 1g); CHOLESTEROL 45mg; SODIUM 250mg; CARBOHYDRATE 47g; FIBER 11g; PROTEIN 15g; CALCIUM 8%; IRON 20%

Grilled Veggies

- 1 red bell pepper, seeded and halved
- 1 yellow squash, sliced lengthwise into 1/2-inch-thick rectangles
- 1 zucchini, sliced lengthwise into 1/2-inch-thick rectangles

- 1 medium eggplant, sliced into 1/2-inch-thick rounds
- 1 bunch asparagus, bottom ends trimmed off
- 4 green onions, roots cut off
- 3 teaspoons oil
- Salt and black pepper



Dressing (Optional):

- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh parsley leaves
- 1 teaspoon chopped fresh basil leaves
- 1/2 teaspoon finely chopped fresh rosemary leaves

1. Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat).
2. Brush the vegetables with the oil to coat lightly.
3. Sprinkle the vegetables lightly with salt and pepper.
4. Grill the vegetables until tender and lightly charred, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, and eggplant; 4 minutes for the asparagus and green onions.
5. Optional Dressing: Whisk the 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend.
6. Drizzle the herb mixture over the vegetables.
7. Serve the vegetables as a side dish, or put them on your Black Bean Burger!

Makes: 4 servings



Nutrition Information- Veggies:

CALORIES 100 (35% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 15mg; CARBOHYDRATE 15g; FIBER 7g; PROTEIN 4g; CALCIUM 4%; IRON 10%

Nutrition Information- Dressing:

CALORIES 70 (86% from fat); FAT 7g (sat 1g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 3g; FIBER 0g; PROTEIN 0g; CALCIUM 0%; IRON 0%