

## **Black Bean Burger**

### **Servings: 4**

Preparation Time: about 20 minutes

- 1 can (15.5 oz.) black beans (drain)
- 1/4 c. Italian parsley (finely chopped)
- 1/4 tsp. dried sage
- 1/4 tsp. salt
- 1/4 tsp. black pepper (coarsely ground)
- 1/3 c. breadcrumbs (dried)
- 4 English muffins (toasted)
- 1 medium tomato (thinly sliced)
- 1 c. alfalfa sprouts
- 4 tsp. Dijonnaise -Or- Dijon mustard

Coat grill with cooking spray. Heat grill to medium-high. In large mixing bowl mash, beans until most to all of them seem crushed. Stir in the salt, breadcrumbs, parsley, sage, and pepper until well combined.

Gently shape into 4 inch patties

Grill patties 10 minutes, until lightly browned (turning once)  
Serve on low carb or light English muffins (100 calories max) with tomato, sprouts, and Dijonnaise (or Dijon mustard)

Serving size: 1 black bean burger

| Starch | Fruit | Milk | Veg | Meat | Fat |
|--------|-------|------|-----|------|-----|
| 3      | 0     | 0    | 1/2 | 1    | 1   |