



Black Bean Burgers with Zesty Avocado Dip

5 Servings • 1 Serving = 1 Patty with 3 Tablespoons Dip

INGREDIENTS

- 1 medium avocado, mashed
- Juice from ½ a lemon
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- ¼ teaspoon plus 1/8 teaspoon salt, divided
- Pinch of black pepper plus ¼ teaspoon black pepper, divided
- 2 cups cooked black beans, if using canned, rinse and drain
- 1 egg
- ¼ cup green onion, chopped
- ¼ cup cilantro, chopped
- Optional: 1 jalapeño, seeded and finely chopped
- ¼ red bell pepper, seeded and finely chopped
- ½ teaspoon ground cumin
- 2 Tablespoons canola oil, divided
- 5 lettuce cups
- Optional: pico de gallo, red onion (diced), tomatoes (chopped)

DIRECTIONS

1. Combine avocado, lemon juice, garlic, mustard, 1/8 teaspoon salt, and a pinch of black pepper in a small bowl.
2. Cover with plastic wrap, pressing the plastic wrap into the dip to help prevent browning. Chill until ready to serve.
3. In a large bowl, mash the beans with a potato masher, fork, or the bottom of a cup.
4. Add in the egg, green onion, cilantro, jalapeño, bell pepper, cumin, remaining salt, and remaining pepper.
5. Form 8 equal-sized patties, about ½ cup each.
6. Heat a large skillet over medium heat. Add 1 Tablespoon canola oil and allow to warm up. Cook patties, allowing one side to crisp up on the outside, about 3 minutes. Flip and let the other side crisp up for another 3 minutes. Depending on the size of your skillet, you may need to cook the patties in batches. Add remaining oil for second batch.
7. Remove the patties and place on a plate lined with a paper towel while you finish cooking the rest of the patties.
8. Serve in lettuce cups with avocado dip, pico de gallo, onion, and/or tomatoes.

Nutrition Facts	
5 servings per container	
Serving size	1 Patty with 3 Tablespoons Dip
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 250mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 9g	32%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 485mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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