



## Black Bean Burgers

### ♥ INGREDIENTS:

- 2 cans of spicy black beans, drained; reserve ½ cup of liquid
- 1 cup plain bread crumbs
- 1 egg
- 1 white onion, grated (use only grated onion, not juice)
- ½ teaspoon ancho chili powder
- 1-3 teaspoons Louisiana hot sauce
- 6 whole-wheat hamburger buns
- Avocado, tomato, purple onion, sliced
- Condiments (ketchup, mustard, etc.) of choice

### ♥ DIRECTIONS:

1. Drain (but do not rinse) black beans, reserving ½ cup of liquid to add to your mix if it gets too dry
2. Take a fork or handheld potato masher and mash the black beans so that they are broken but not a paste
3. Add bread crumbs, egg, grated onion (not including juice), chili powder, and hot sauce, and mix well
4. Form into 6 patties
5. Spray grill or skillet with oil, place burgers on grill, and cook for 5-6 minutes (at medium temperature to ensure the centers get hot without scorching the outsides)

6. Serve on toasted whole-wheat buns with sliced avocado, tomato, purple onion, and condiments of choice

Yields 6 servings.

### ♥ NUTRITION FACTS:

(per serving, not including bun, avocado, and condiments)

Calories: 215, Total Fat: 0 g, Saturated Fat: 0 g, Sodium: 493 mg, Carbohydrates: 37 g, Fiber: 8 g, Protein: 12 g



## Butternut Squash & Turkey Chili

### ♥ INGREDIENTS:

- 1 pound 93% lean ground turkey
- 1 yellow onion, chopped
- 1 tablespoon olive oil
- 1 can (15 ounces) no-salt-added red kidney beans, rinsed
- 1 can (15 ounces) no-salt-added black beans, rinsed
- 1 green bell pepper, chopped
- 1 jalapeno, deseeded (optional)
- 15 ounces (~ 2 cups) butternut squash or sweet potato, cubed
- 3 cloves garlic, minced
- 1 can (15 ounces) no-salt-added diced tomatoes
- 2 cans (15 ounces each) tomato sauce

- 1 cup low-sodium chicken broth
- 2-3 tablespoons chili powder
- ½ teaspoon Kosher salt, coarse

### ♥ DIRECTIONS:

1. Sauté onions for 1 minute in olive (not vegetable) oil; when turkey is almost done (no longer pink), add 1 tablespoon chili powder
2. Once the turkey is cooked, add to slow cooker with the rest of the ingredients; mix well and cook on high for 3-4 hours or on low for 6 hours
3. Season with more chili powder to taste
4. Optional toppings: low-fat Greek yogurt, avocado, cilantro, green onions

Yields 8 servings of about 1 ½ cups each.

### ♥ NUTRITION FACTS:

(per serving)

Calories: 290, Total Fat: 8 g, Saturated Fat: 2.5 g,  
Sodium: 330 mg, Carbohydrates: 36 g,  
Fiber: 10 g, Protein: 20 g, Potassium: 1,010 mg