

Black Bean Burgers with Fresh Vegetable Relish

Makes 4 burgers

Ingredients

For relish:

½ cup finely chopped peeled cucumber

½ cup finely chopped red bell pepper

¼ cup finely chopped red onion

1 tablespoon lime juice

1 teaspoon honey

1 teaspoon finely chopped fresh dill or ½ teaspoon dried dill

Dash of black pepper

For burgers:

1 (15-ounce) can black beans rinsed and drained

½ cup dry bread crumbs (whole wheat are best)

¼ cup minced red onion

½ teaspoon dried oregano

¼ teaspoon ground cumin

⅛ teaspoon black pepper

2 egg whites

Vegetable cooking spray

¼ cup Greek nonfat yogurt

4 whole-grain hamburger buns

Directions

1. Combine all relish ingredients in a bowl. Stir to combine. Cover and refrigerate for up to 2 hours.
2. To make burgers, place the black beans in a large bowl. Partially mash with a fork. Stir in the breadcrumbs, onion, oregano, cumin, black pepper and egg whites. Mix until combined. Using hands, shape bean mixture into 4 (½ -inch) patties). Keep refrigerated until ready to cook.
3. Heat grill or griddle. Coat with cooking spray. Grill each side of the 4 burgers for 5 minutes or until heated through.
4. To serve, lightly toast buns. Spread the bottom of each bun with Greek yogurt. Top with a black bean burger, ¼ of the vegetable relish and top half of the bun.