

RANCH VEGGIE PATTY ON BUN

Makes 4 servings

INGREDIENTS

- 1 cup black beans, drained, rinsed
- 2-1/2 tsp. scallions, chopped
- 1-1/8 tsp cilantro
- 2/3 tsp. Mojito lime seasoning
- 1 cup quinoa, cooked
- 2/3 cup mashed sweet potatoes, cooked
- 4 whole wheat hamburger buns
- 1/2 cup Creamy Herb Yogurt Dressing (separate recipe)

INSTRUCTIONS

1. In a bowl, mash black beans with potato masher. Add seasonings. Mix together.
2. Add quinoa and sweet potatoes to the black bean mixture. Mix well.
3. Measure 1/2 cup and form into 4 patties.
4. Bake for 30 minutes at 350°F. Flip the patties halfway through cooking.
5. Serve patty on whole grain bun with 1 Tbsp. dressing as condiment.

NUTRITIONAL FACTS: PER SERVING

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| Calories: 290 | Calcium: 240 mg |
| Total Fat: 2.87 g | Protein: 13.45 g |
| Saturated Fat: 0.13 g | Carbohydrates: 55.24 g |
| Cholesterol: 0.79 mg | Dietary Fiber: 7.91 g |
| Sodium: 325 mg | |

