nubites™ No. 504

nutrition tips for today's families

black bean sweet potato burger



- 1 cup canned black beans, drained and rinsed
- 1 cup cooked, mashed sweet potato
- ¼ cup quick cooking oats
- 1 egg
- ½ teaspoon cumin
- ¼ teaspoon garlic powder

1. Place the beans and sweet potato in a large mixing bowl. Mash the beans into the potato. Add the oats, egg, cumin and garlic. Mix until well combined.
2. Form the mixture into 4 patties. Place on a baking sheet that has been coated with oil or cooking spray.
3. Bake in a 375°F oven for 10 minutes. Remove the pan from the oven and carefully flip each patty. Bake for another 10 minutes.

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