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No. 504



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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en Español

hamburguesa de frijoles negros y batata

1 taza de frijoles negros enlatados, escurridos y enjuagados

1 taza de puré de batata cocida

¼ taza de avena rápida

1 huevo

½ cucharadita de comino

¼ cucharadita de ajo en polvo

1. Colocar los frijoles y la batata en un tazón grande. Majar los frijoles y la batata juntos. Añadir la avena, el huevo, el comino y el ajo. Mezclar hasta que esté bien combinado.
2. Preparar 4 hamburguesas con la mezcla. Colocar en una bandeja para hornear con una capa de aceite o aerosol para cocinar
3. Hornear a 375°F por 10 minutos. Retire la bandeja del horno y voltee cada hamburguesa con cuidado. Hornear por 10 minutos más.

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