Living Whole
Wellness Program

Smoky Black Bean Beet Burger

INGREDIENTS:
Serves 7-8

3/4 cup cooked quinoa

1/2 large red onion, finely diced (~3/4 cup)

1 cup finely chopped mushrooms (shitake, baby bella or white button)

1/8 tsp salt

1 15-oz can black beans, well rinsed and drained

1 cup finely grated raw beet

1 tsp cumin

1/2 tsp chili powder

1/4 tsp smoked paprika

1/2 cup raw walnuts, crushed or ground into a loose meal

1 Tbs. extra virgin olive oil

1 egg white

*GLUTEN-FREE

INSTRUCTIONS:
1. Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot add the onion and sauté, seasoning with a pinch of salt.
2. When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Season with another pinch of salt and cook until the mushrooms and onions are slightly browned and fragrant – about 3 minutes.
3. Remove from heat and add black beans and mash. You're looking for a rough mash, so you can leave a bit of texture if you want.
4. Transfer the mixture to a mixing bowl and add the quinoa, beets, egg white and spices and stir.
5. Lastly, add the walnut meal a little at a time until the mixture is able enough to form into patties. Set in the fridge to chill while your oven pre-heats to 375°F (skip this step if cooking on the stovetop or grill - see notes).
6. Coat a baking sheet with nonstick spray or olive oil. Form mixture into roughly 8-9 patties. You can also just take handfuls and mash them into loose patties. The thicker you make them, the longer they'll take to cook through, but the "juicier" and heartier they'll be! Thinner patties will cook faster.
7. Arrange burgers on a baking sheet and brush or spray the tops with olive oil. Bake at 375 for a total of 30-45 minutes, gently flipping at the halfway mark. Cook longer to dry them out even more and achieve more crisp, but it's not necessary.
8. Serve on small buns or atop mixed greens with desired toppings.

Nutrition Facts

Serving Size 1 patty
Servings Per Container

Amount Per Serving

Calories 130	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	

Vitamin A 2% • Vitamin C 2%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information contact The Living Whole
Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.