

*"My 13-year old just loves these...I never would have believed it!"
-Sherri Rule, MGHS registered dietitian*

Bean Burgers with Lime Yogurt Sauce

Modified from Picture Perfect Weight Loss Cookbook

Prep Time: 15 minutes
Cook Time: 10 minutes
Exchanges per Burger: 305 calories, 3 g fat; 2.5 starch, 2 very lean protein

For sauce: ½ C. low-fat plain yogurt
2 T. chopped red onion
1 t. lime juice

For burgers:
1 can (15 oz.) black beans, rinsed and drained
¼ C. egg substitute
½ red onion, coarsely chopped
1 T. whole wheat bread crumbs
½ t. ground cumin
¼ t. garlic salt
4 whole wheat pitas
4 large romaine lettuce leaves
4 slices tomato

In a small bowl, combine the yogurt, red onion, and lime juice. Chill sauce until ready to serve.

In a large bowl, mash the beans with the egg substitute until only slightly lumpy. Stir in the onion, bread crumbs, cumin and garlic salt until well combined. With floured hands, shape the bean mixture into 4 burgers.

Heat a large non-stick skillet coated with cooking spray over medium heat. Add the burgers and cook for 4 minutes per side, or until lightly browned and firm.

Place the burgers in the pitas. Top each with the sauce, lettuce, and tomato.
Optional toppings: salsa sauce