

# Black Bean and Rice Burgers

1/4 cup ground flaxseed  
1/2 cup water  
2 (15 oz.) cans black beans, drained and rinsed  
2 teaspoons olive oil  
1 green pepper, finely chopped  
1/2 onion, finely chopped

1/2 cup frozen corn  
2 cloves garlic, minced  
1 1/2 cups cooked brown rice  
1 cup bread crumbs  
1 Tablespoon chili powder  
1 Tablespoon cumin  
1/2 teaspoon red pepper flakes

Instructions: Preheat oven to 375°F. In a small bowl, combine flaxseed and water. Stir and set aside. In a large bowl, mash all except 1/4 cup black beans with a fork. Heat oil in large skillet. Add green pepper, onion and corn. Sauté for 2-3 minutes. Add garlic; sauté 1 more minute. Add flaxseed mixture, cooked veggies and 1/4 cup black beans to the mashed beans. Stir in rice, breadcrumbs and spices. Divide mixture into 10 burgers. Place burgers on greased baking sheet. Bake for 20 minutes; flip and bake for 10-15 minutes more.

Yield: 10 servings

**Nutrition Facts** (per serving): 170 calories, 3 grams fat, 170 milligrams sodium, 29 grams carbohydrate, 8 grams fiber, 8 grams protein