Spicy Black Bean Burger

2-16 oz. cans no-salt added black beans, drained and rinsed
1/2 green pepper, finely diced
1/2 onion, diced
1 tsp. olive oil
3 cloves garlic, minced

1 egg
2 Tbsp. cumin
2 Tbsp. chili powder
½ tsp. ground pepper
1 Tbsp. hot sauce
2/3 cup Italian or plain breadcrumbs
Toppings such as Swiss cheese, sliced tomatoes, guacamole, salsa, or lettuce (optional)

Directions

1. Preheat oven to 350°F. Wash hands with soap and water. Spread out beans on a baking sheet. Bake 10-12 minutes. Remove from oven. Let cool. Turn oven up to 375°F.
2. Mash black beans. Set aside.
3. Heat oil over medium high heat in a large skillet. Add bell peppers, onions, and sauté until onions are translucent. Add garlic and sauté one additional minute. Add onion mixture to beans
4. In a separate bowl combine eggs, chili powder, cumin, pepper and hot sauce.
5. Combine egg mixture with bean mixture. Add breadcrumbs and mix well.
6. Line pan with foil and spray with non-stick spray. Form 7-1/2 cup patties and bake 10 minutes on each side. Optional: In the last minute of cooking, top with cheese. Serve with your favorite condiments such as tomatoes, lettuce, spinach, salsa, or guacamole on a bun. **Yield:** 7 Servings

Optional Spicy Aioli Topping:
¼ cup light mayonnaise
1 tsp. hot chile sauce
*   Directions: Wash hands. Combine mixture. Spread on burgers. Store in the refrigerator.*

Nutrition Facts (per serving): 170 *calories, 3 grams fat, 250 milligrams sodium, 28 grams carbohydrate, 8 grams fiber, 9 grams protein*