



Healthy Potato Salad and Black Bean Burger

PREP TIME: 75 Minutes • **COOK TIME:** 20 Minutes • **SERVINGS:** 6

INSTRUCTIONS

For the potato salad:

Fill medium heavy-duty pot three-fourths full with water. Cut potatoes evenly into bite-sized pieces and add to water.

Place pot over high heat and bring to boiling. Let cook until fork-tender, about 8-10 minutes depending on size. Drain in colander and run cold water over potatoes to cool.

In large bowl, add oil, mustard, vinegar, pepper and salt. Whisk together with a fork. Add potatoes, chopped scallions and chopped parsley. Toss with dressing. Reserve until black bean burgers are done.

For black bean burgers:

In a medium bowl, add ½ cup black beans and 1 cup brown rice. Microwave rice 30 to 60 seconds so it sticks together less and can be measured. Set aside.

Add remaining beans and brown rice into the bowl of a food processor along with canned sweet potatoes/yams, egg white, cumin, salt and pepper. Pulse the mixture until smooth, 30 seconds to 1 minute.

Transfer puree to the whole beans and rice mixture you set aside. Add breadcrumbs and stir. Form into six patties and place on a plate.

Warm 1 tablespoon oil in medium nonstick sauté pan or skillet over medium-high heat. Carefully add three fragile patties into the pan; cook until slightly browned on each side, 4 minutes per side. Repeat with remaining oil and patties. Serve black bean burgers with potato salad.

NUTRITION INFORMATION

Each serving (1 burger + 1⅓ cup potato salad) contains about 374 calories; 10 g protein; 280 mg sodium; 61 g carbohydrates; 7 g sugar; 10 g fat.

INGREDIENTS

For potato salad:

- 1½ lb. potatoes, like new potatoes or red potatoes
- 2 tablespoons canola oil
- 1½ tablespoons Dijon mustard
- 1 tablespoon white vinegar
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt
- 2 green onions or scallions, finely chopped
- 1½ cups chopped, fresh parsley

For black bean burgers:

- 15.5 ounces canned, low-sodium black beans, rinsed, drained
- 8.8 ounces packaged, cooked brown rice
- 15 ounces canned sweet potatoes or yams in light syrup, drained
- 1 egg white
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup whole-wheat panko breadcrumbs
- ½ tablespoon canola oil, divided