



Sweet Potato and Black Bean Burgers

Created By: Katie Ferraro, MPH, RD, CDE



Servings: 6

Ingredients	Nutrient value per serving Serving Size = 1 burger
<p>1 cup cooked, mashed sweet potato 1 (15½-oz.) can reduced-sodium black beans, drained and rinsed ½ cup reduced-sodium canned corn, drained ¼ cup quick-cooking oats 1 egg 1 tsp. smoked paprika 1 tsp. garlic powder ¾ tsp. onion powder ¼ tsp. salt ¼ tsp. black pepper cooking spray</p>	<p>Exchanges 1 ½ starch 1 vegetable Calories 160 Calories from Fat 18 Total Fat 2g Saturated Fat 0g Cholesterol 31mg Sodium 285mg Carbohydrate 27g Fiber 6g Sugar 5g Protein 7g</p>
Instructions	Notes
<p>1. If starting with raw sweet potatoes, peel and add to boiling water. Boil for 20 min. or until tender. Drain and mash sweet potatoes. Reserve 1 cup of mashed sweet potato for recipe. 2. In a large mixing bowl, mash black beans and sweet potatoes together. Add remaining ingredients and mix with a spoon. Form into 6 patties. 3. Spray nonstick skillet with cooking spray and heat on medium low. Cook burgers 5 min. Flip and cook 3–4 min., or until golden brown.</p>	<p>Prep and cook time: 20–30 min. Note: you can use cooked, mashed sweet potatoes prepared ahead to save time.</p>