

Sweet Potato-Black Bean Burgers

Ingredients

- *2 cups grated sweet potato*
- *½ cup old-fashioned rolled oats*
- *1 cup no-salt-added black beans, rinsed*
- *½ cup chopped scallions*
- *¼ cup vegan mayonnaise*
- *1 tablespoon no-salt-added tomato paste*
- *1 teaspoon curry powder*
- *⅛ teaspoon salt*
- *1/2 cup plain unsweetened almond milk yogurt*
- *2 tablespoons chopped fresh dill*
- *2 tablespoons lemon juice*
- *2 tablespoons extra-virgin olive oil*
- *4 whole-wheat hamburger buns, toasted*
- *1 cup thinly sliced cucumber*

Steps

1. *Squeeze grated sweet potato with paper towels to remove excess moisture; place in a large bowl. Pulse oats in a food processor until finely ground; add to the bowl with the sweet potatoes. Add beans, scallions, mayonnaise, tomato paste, curry powder and salt to the bowl; mash the mixture together with your hands. Shape into four 1/2-inch-thick patties. Place the patties on a plate; refrigerate for 30 minutes.*
2. *Stir yogurt, dill and lemon juice together in a small bowl; set aside.*
3. *Heat oil in a large cast-iron skillet over medium-high heat. Add the patties; cook until golden brown, about 3 minutes per side.*
4. *Divide the yogurt sauce evenly among top and bottom bun halves. Top each bottom bun half with a burger and cucumber slices; replace top bun halves.*