

Mexican Quinoa Burgers

Prep Time: 15 minutes
Cook Time: 26 minutes
Total Time: 41 minutes

Yield: 6
Serving Size: 1 burger
Calories per serving: 234
Fat per serving: 4.2

Ingredients

- 1 medium onion, chopped
- 1 green or red pepper, chopped
- 4 cloves garlic, minced
- 1 ½ cups cooked black beans, drained and rinsed (1 can)
- 1 ½ cups cooked quinoa
- ½ cup cheddar or pepper jack cheese OR Daiya shreds
- 2 tablespoons taco seasoning
- 1 teaspoon smoked paprika
- 2 tablespoons salsa
- 2 large eggs or flax eggs, beaten
- 1 cup plain or gluten free breadcrumbs
- Coconut or Canola Oil, for cooking

Instructions

1. If using flax eggs, combine 2 tablespoons ground flax seeds with 6 tablespoons warm water. Stir well and set aside. (Skip this step if you are using eggs.)
2. Spray a medium pan with olive oil and heat to medium. Add onion and pepper and cook for 10 to 12 minutes, until tender. Add garlic and cook for one more minute. Remove from heat and place in a large bowl.
3. In the bowl of a food processor, combine ¾ cup of the beans and ¾ cup of quinoa. Process until well blended. Add to the bowl with the onion mixture and stir in remaining beans and quinoa, cheese, taco seasoning, paprika and salsa. Mix until combined and add in (flax) eggs and breadcrumbs. Mix well and allow to sit for 5 minutes. Form into patties and place the patties in the refrigerator for 30 minutes. (optional - this helps them hold together better)
4. Heat oil to medium and cook until browned, flipping once.

Notes

Servings 6, Calories 234, Fat 4.2g, Carbohydrates 35.4g, Protein 13.6g, Cholesterol 64mg, Sodium 326mg, Fiber 7g, Sugars 4.1g, WW Pts 6

<http://www.cookingquinoa.net/mexican-quinoa-burgers>