

Veggie Burger and Sweet Potato Fries

By Chef Rhonda



INGREDIENTS:

Black Bean Burger:

- 1 can black beans, rinsed
- 1 Tbsp. ground flax seed and 3 Tbsp. water
- 2 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. cumin
- 1/4 cup whole wheat panko breadcrumbs
- 6 whole wheat rolls
- veggie toppings: lettuce, tomato, etc.

Sweet Potato Fries:

- 3 sweet potatoes
- 1 Tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. paprika

DIRECTIONS:

1. Preheat oven to 375F and spray a baking sheet with nonstick spray.
2. Stir ground flax seed and water together in a small bowl.
3. Rinse black beans and pour into large bowl. Add in spices and mash well with a fork.
4. Stir-in breadcrumbs and flaxseed mixture.
5. Use a 1/3 cup measuring cup and form 6 burger patties placing them onto the prepared baking sheet.
6. Bake for 15 minutes, flip the burgers and bake for another 15 minutes.
7. Peel and slice sweet potatoes.
8. Combine spices and oil, then toss in the fries until well coated.
9. Spread onto a baking sheet and add into the oven for 15 minutes or until crispy.
10. Serve with your favorite veggie toppings and a whole wheat roll.

MEAL KIT SHOPPING LIST



35 min

Yield: 6 servings



1 can black beans



1 head of lettuce



1 packet ground flax seed



1 tomato



1 bag whole wheat panko breadcrumbs



1 bag whole wheat rolls



3 sweet potatoes

Seasonings and more:

- garlic powder
- onion powder
- paprika
- cumin
- olive oil

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or visit
healthyoptionsbuffalo.com


Healthy Options

Cooking at Home

Grocery cost: \$15.29

Recipe cost: \$14.19

Cost per meal: \$2.37

*prices found at Wegmans as
of August 2024