



Vegetable Burgers

SERVING SIZE: 1 burger
SERVINGS: 6
PREPARATION TIME: 10 minutes
COOK TIME: 25 minutes

INGREDIENTS:

- 1 15.5 ounce can kidney beans, drained and rinsed
 - 1 cup canned corn, rinsed
 - 1 cup old fashioned oatmeal, uncooked
 - 2 teaspoons yellow mustard
 - 2 Tablespoons ketchup
 - ½ cup canned, diced tomatoes
 - 1 egg
- Oil for baking sheet



DIRECTIONS:

1. Preheat oven or toaster oven to 400°F.
2. Put kidney beans into bowl and mash with fork.
3. Add the rest of the ingredients and mix well.
4. Form into 6 patties. Set aside.
5. Cover a baking sheet with foil.
6. Pour a drop of oil where burgers will be placed on the baking sheet.
7. Bake for 15 minutes or until brown. Flip and bake for 10 more minutes.
8. Let cool for 10 minutes on baking sheet.

SERVING SUGGESTIONS:

- Eat with fresh vegetables or serve on a whole-wheat bun with cheese, lettuce, tomato and onions.
- Save the leftover corn and tomatoes to make a simple salsa or add to a soup.

NUTRITION FACTS:

Amount Per Serving	
Calories	218
Total fat	6g
Saturated fat	1g
Cholesterol	35mg
Sodium	341mg
Total Carbohydrate	32g
Fiber	8g
Total Sugar	3g
Includes 1g of Added Sugars	
Protein	10g
Phosphorus	192mg
Potassium	450mg

EQUIPMENT NEEDED:

- Large bowl
- Fork
- Spoon
- Baking sheet
- Oven or toaster oven

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org