



SWEET POTATO BURGERS

INGREDIENTS

- 2 cups mashed sweet potato
- olive oil
- 1.5 cups brown rice
- 1 cup cooked salted black beans
- 1/2 cup green onions, diced
- 1/2 cup walnuts, finely chopped
- 2.5 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp salt and pepper
- 1 tbsp brown sugar

Nutrition Facts

Serving size: 1 burger
Servings: 12

Amount per serving

Calories **259**

% Daily Value*

Total Fat 8.4g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 40.1g	15%
Dietary Fiber 4.6g	16%
Total Sugars 3.7g	
Protein 7.5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	13%
Potassium 441mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

DIRECTIONS

1. Preheat your oven to 400 degrees F and cut the sweet potatoes in half. Rub them with olive oil and place them face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch – about 30 minutes – set aside. Reduce oven heat to 375 degrees F.

2. While the sweet potatoes are baking, cook the rice according to package instructions.

3. Add black beans to a mixing bowl and mash half of them for texture. Peel sweet potato, add and lightly mash, then 1 cup rice, green onion, walnuts and spices. Mix to combine. Add more rice if the mixture feels too wet.

4. Lightly grease a baking sheet.

5. Fill a ¾ cup measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash.

6. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking.

7. Serve on buns or top of a salad or veggies.

PREP TIME: 15 MINS

COOK TIME: 1 HR 15 MINS

TOTAL TIME: 1 HR 30 MINS