Dinner

Zesty Black Bean Patties with Lime

Pan-seared black bean patties brightened with lime, cilantro, and warm spices, browned on the stovetop and finished in the oven until heated through.

40 min	150	26 g	2 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 10 servings

- [ ] 1 tbsp olive oil
- [ ] 1 cup onion(s) (chopped)
- [ ] 1/2 cup green bell pepper (chopped)
- [ ] 1/2 cup red bell pepper (chopped)
- [ ] 1 jalapeño pepper (minced)
- [ ] 2 clove garlic (minced)
- [ ] 1 tsp chili powder
- [ ] 1/2 tsp dried oregano
- [ ] 1/2 tsp ground cumin
- [ ] 1 can low sodium black beans (16-ounce can, do not drain)
- [ ] 1 cup bread crumbs (unseasoned)
- [ ] 1/4 cup, plus additional for dusting cornmeal (yellow or white)
- [ ] 1 tbsp lime juice
- [ ] 1 tsp lime zest
- [ ] 3/4 tsp salt
- [ ] 1/4 cup cheddar cheese (reduced-fat, or use reduced-fat pepper Jack cheese)
- [ ] 2 tbsp cilantro (minced)
- [ ] 1 spray, 0.25g nonstick cooking spray (for scoop or measuring cup)

Nutrition Facts

Per serving

Calories	**150**
Total fat	3 g
Saturated fat	0.5 g
Sodium	390 mg
Total carbs	26 g
Fiber	6 g
Total sugars	2 g
Protein	7 g

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Method

- [ ] **1** Heat the olive oil in a large nonstick pan and sauté the chopped onion, green bell pepper, red bell pepper, minced jalapeño pepper, and garlic with the chili powder, dried oregano, and ground cumin for 3 minutes, until the vegetables are tender.
- [ ] **2** Stir in the canned black beans with their liquid and cook with the vegetables for 1 minute, then remove the pan from the heat.
- [ ] **3** Stir in the bread crumbs, cornmeal, lime juice, lime zest, and salt.
- [ ] **4** Transfer 1 cup of the bean mixture to a blender or food processor and purée until coarse, then fold the purée back into the rest of the mixture.
- [ ] **5** Fold in the cheddar cheese and minced cilantro until the mixture forms a stiff, coarse paste that holds its shape.
- [ ] **6** Spray an ice cream scoop or 1/3 cup measuring cup lightly with nonstick cooking spray, then scoop out 3-4 ounce portions.
- [ ] **7** Sprinkle a plate with cornmeal, set the portions on it, and lightly dust each one with more cornmeal, pressing down gently to form a patty.
- [ ] **8** Preheat the oven to 375°F and spray a large nonstick pan with nonstick cooking spray.
- [ ] **9** Brown the patties for 2 minutes on each side.
- [ ] **10** If the pan is ovenproof, transfer it to the oven and bake for 15 minutes until heated through, or move the patties to a cookie sheet pan and bake.

General information, not medical advice.

Estimates vary with brands and portions.