

Black bean burgers can be made from scratch or purchased in the freezer section of your local grocery store. High in protein and fiber, these can be a quick and delicious meal option—leave off the bun and add a topping. Here are some ideas to get you started.

### **Cilantro Sauce**

½ cup packed cilantro leaves  
¾ cup nonfat plain Greek yogurt  
2 Tbsp. lime juice  
1 teaspoon extra-virgin olive oil  
salt and pepper to taste

Place all ingredients in a blender and pulse until cilantro is finely chopped and ingredients are evenly combined. Place in bowl, cover and chill. Makes 8 servings.

Nutrition information per serving: 24 calories, 2 grams protein, 2 grams fat, 1 gram carbohydrate, 10 mg sodium.

### **Avocado Relish**

2 tablespoons avocado, finely chopped  
2 tablespoons tomato, finely chopped  
2 teaspoons red onion, finely chopped  
1 teaspoon lime juice  
1/8 teaspoon crushed red pepper

In small bowl toss together all ingredients. Spoon over warm black bean burger. Makes 1 serving.

Nutrition information per serving: 33 calories, 0 grams protein, 3 grams fat, 3 grams carbohydrate, 2 mg sodium.

### **Southwest Topping**

2 teaspoons fat-free ranch dressing  
2 teaspoons salsa  
2 teaspoons low-fat shredded cheddar cheese  
1 tablespoon sliced black olives  
1 tablespoon sliced jalapeno pepper  
Chopped lettuce

Mix together ranch dressing and salsa. Top black bean burger with ranch dressing/salsa mix, shredded cheese, black olives, jalapeno pepper and chopped lettuce. Makes one serving.

Nutrition information per serving: 33 calories, 1 gram protein, 1 gram fat, 4 grams carbohydrate, 548 mg sodium.