

Black Bean Burger with Kale Chips and Jasmine's Freeze Out Smoothie

Makes: 6 Servings

“First, I really want to be a nutritionist like my mommy when I grow up, and help others eat healthy,” says Jasmine. “I developed my black bean burger recipe for this challenge for a healthier and more affordable option than a regular hamburger. Black beans are so yummy and eating plant-based recipes more often is good for the earth, too. I included my kale recipe as I LOVE kale chips. I also included my favorite smoothie recipe with my secret ingredient—spinach.”

Ingredients

For the Burgers:

- 2** (15- ounce cans) low-sodium black beans, drained and rinsed
- 1** ripe banana, mashed
- 1 cup** bread crumbs
- 3 tablespoons** chopped fresh basil
- 1 teaspoon** dried oregano
- 1 1/2 teaspoons** ground cumin
- 1 pinch** sea salt
- 1 pinch** black pepper
- Nonstick cooking spray
- 6** whole-wheat hamburger buns
- Optional topping: 1 avocado, sliced

For the Kale Chips:

- 10 ounces** kale, chopped
- 2 teaspoons** olive oil
- 1/4 teaspoon** sea salt

For Jasmine's Freeze Out Smoothie:

- 1 cup** organic 1% milk
- 1 cup** frozen mixed berries
- 1** handful spinach



Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | 404 | |
| Total Fat | 9 g | 14% |
| Protein | 17 g | |
| Carbohydrates | 68 g | 23% |
| Dietary Fiber | 16 g | 64% |
| Saturated Fat | 1 g | 5% |
| Sodium | 678 mg | 29% |

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

| | |
|--------|---------|
| Fruits | 1/4 cup |
|--------|---------|

Directions

1. **To make the Burger:** In a large bowl, mash the black beans, banana, breadcrumbs, basil, oregano, and cumin. Season to taste with salt and pepper and mix well. Form the mixture into 6 patties.
 2. **Heat a large nonstick skillet over medium heat.** Spray the pan with cooking spray, then add the patties and cook, flipping once, for about 4 minutes per side, or until heated through. Place on whole-wheat buns, and top with avocado, if desired.
 3. **To make the Kale Chips:** Preheat the oven to 400°F. In a large bowl, combine the kale with the olive oil and salt and toss thoroughly to coat the kale. Place on a nonstick baking sheet and bake for about 12 minutes, or until the kale is crispy.
 4. **To make Jasmine's Freeze Out Smoothie:** In a blender, blend the ingredients together and enjoy!
- The 2015 Healthy Lunchtime Challenge Cookbook