

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Black Bean Burgers

Ingredients:

- 1 (15 oz.) can black beans, rinsed and drained
- 1/2 cup unfrosted shredded wheat, crushed
- 1/3 cup green pepper, finely chopped
- 1/3 cup onion, finely chopped
- 1/3 cup no salt, no sugar added tomato sauce

Directions:

1. Preheat oven to 400° F.
2. In bowl, mash black beans with fork.
3. Add shredded wheat, green pepper, onion, and tomato sauce.
4. Blend with fork.
5. Form into 5 patties.
6. Bake for 15 minutes.
7. Carefully remove with spatula.

Servings per recipe: 5

Nutritional info (per serving):

Calories 113, Total fat 0.5 g (Saturated fat 0 g), Cholesterol 0 mg,
Carbohydrate 22 g, Fiber 7 g, Protein 7 g

*Suggestions:

- Top with 2 tbsp salsa (add: 10 calories, 2 g carbohydrate)
- Place on whole wheat English muffin and pair with 2 tbsp salsa (add 130 calories, 1 g fat, 25 g carbohydrate, 3 g fiber, and 6 g protein)
- Top with 1 poached egg and pair with 2 tbsp salsa (add: 84 calories, 5 g fat, 2 g carbohydrate, and 6 g protein)

Submitted by employee

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