

Black Bean Burger (Light & Delicious, Main Courses)

- 1 (15 oz) can black beans, drained and rinsed
- ½ cup panko crumbs
- 2 Tbsp Halladay's Harvest Barn Zesty Fiesta Seasoning
- 1 egg plus one egg white, beaten.
- 2 Tbsp olive oil

Mash beans well. Add breadcrumbs, Halladay's seasoning and egg mixture; combine well. Let sit for a few minutes, then form into 4 patties. Fry in oil for approximately 4 minutes per side. Serve on your favorite bun, with your favorite toppings or forget the bun and serve alongside a nice salad for a light and healthy dinner.