

Bulgur-Black Bean Veggie Burgers and Lime-Cilantro Aioli

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/bulgur-black-bean-veggie-burger>

Ingredients

- 1 Tbs. olive oil, plus additional for brushing
- 1 small onion (diced)
- ½ cup bulgur
- 1 (14-oz) can black beans, rinsed, drained, and mashed
- ½ cup whole wheat breadcrumbs
- 1 ½ Tbs. Worcestershire sauce
- 1 egg, slightly beaten
- 2 garlic cloves, minced
- ½ cup fresh cilantro, minced
- ¼ tsp. cayenne
- ½ tsp. pepper
- ¼ tsp. salt
- 4 whole wheat hamburger rolls
- Optional toppings: lettuce, tomato, red onion, avocado

For Lime-Cilantro Aioli

- ¼ cup prepared mayonnaise
- ¼ cup nonfat Greek yogurt
- 1 lime, zest and juice
- 1 clove garlic, chopped
- 1 Tbs. chopped fresh cilantro

Instructions

1. Heat olive oil in small saucepan over medium heat. Sauté onion until golden, 5-7 minutes. Add bulgur to pan along with 1 cup of water or broth. Cover and simmer on low until water is absorbed, about 15-18 minutes.
2. Put cooked bulgur in large mixing bowl with remaining ingredients and mix well.
3. Form into 4 patties, about ½ cups of mixture per patty.
4. Chill at least 20 minutes. While patties chill, prepare aioli by pulsing all ingredients in a blender or food processor until blended. Chill until ready to use.
5. In large skillet over medium heat, add 1 Tbs. oil. When hot, drop in patties and cook until golden, about 5 minutes per side.
6. Serve on whole wheat rolls with Lime-Cilantro Aioli and desired toppings.

Makes 4 servings

Nutrition information per serving:

Calories	390
Carbohydrate	59 g
Dietary Fiber	11 g
Protein	15 g
Total Fat	12 g
Saturated Fat	2 g
Sodium	660 mg

