

From Lisa's Kitchen: Tuscan Bean Burgers

I love this recipe because it actually makes two dishes: a light & fresh white bean side dish, or you can take it to the next step and make burgers from it. Low in fat and very high in flavor! Adapted from a Cooking Light recipe.

Tuscan Bean Burgers

Serves 10 as a side dish, or makes about 9 burgers

- ½ cup chopped onions
 - ½ cup chopped celery
 - ½ cup chopped carrots
 - ⅓ cup chopped fresh parsley
 - 1 tablespoon grated lemon rind
 - ⅓ cup fresh lemon juice
 - 2 tablespoons chopped fresh sage
 - 2 tablespoons extra-virgin olive oil
 - ½ teaspoon salt
 - ¼ teaspoon crushed red pepper
 - 3 (15.5 ounce) cans cannellini beans (or other white beans), rinsed and drained
 - 2 garlic cloves, minced
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- ½ cup dried bread crumbs (for burgers only)
 - canola oil spray

Combine all ingredients in a large bowl.

If using as a side salad, let stand at room temperature for 30 minutes before serving.

If using to make burgers, process all ingredients, except for bread crumbs, in a food processor. You'll want the beans ground up a bit, but still chunky. Scoop out into a large bowl. Add bread crumbs and mix well.

Form burgers using ½ cup mixture for each burger.

Spray a saute pan with cooking spray and heat over medium heat. Brown burgers on each side and cook until heated through, 3 - 5 minutes per side. Serve with your favorite burger accompaniments.