



## BLACK BEAN AND SWEET POTATO BURGERS WITH CURRY-LEMON SAUCE

### ingredients:

- |   |   |
|---|---|
| 2 medium sweet potatoes (about 1 pound)       | 1 cup cooked quinoa   |
| 1/2 cup oatmeal                               | 15-ounce can of no-salt-added black beans, rinsed and drained |
| 1/2 teaspoon garlic powder                    | 1/4 cup red onion, finely minced                              |
| 1/2 teaspoon cumin                            | 4 Tablespoons finely chopped cilantro leaves, divided         |
| 1/2 teaspoon smoked paprika                   | 1 cup non-fat Greek yogurt                                    |
| 1/4 teaspoon paprika                          | 2 teaspoons lemon juice                                       |
| 1/4 teaspoon finely ground fresh black pepper | 8 whole wheat hamburger buns                                  |
| 1/2 teaspoon salt                             | 8 lettuce leaves  |
| 1 teaspoon curry powder, divided              | 8 tomato slices   |

### directions:

1. Preheat oven to 425° F. Prick sweet potato skins with fork and place on baking sheet in oven. Bake potatoes until they are fork-tender, 50–60 minutes. Let cool slightly, then peel off skins.
2. Decrease oven temperature to 375° F. Line baking sheet with parchment paper and set aside. Place oatmeal in blender and process until fine.
3. In a large bowl, combine sweet potatoes, garlic powder, cumin, smoked paprika, paprika, black pepper, salt and 3/4 teaspoon of curry powder. Using a potato masher, mash sweet potatoes and spices together. Add half of the black beans and continue to mash. Add quinoa, the rest of the black beans, oatmeal and 2 Tablespoons of cilantro and mix to combine. Scoop mixture into a 1/2 cup measuring cup and press. Empty cup onto parchment paper and shape into a patty. Repeat to form a total of 8 patties. Set tray in refrigerator for 20 minutes to chill (helps the burgers hold together while cooking).
4. In a medium bowl, whisk together non-fat Greek yogurt, 2 Tablespoons cilantro, 1/4 teaspoon curry powder, and lemon juice; set aside.
5. Remove baking sheet from refrigerator and place on top rack in oven for 15 minutes. Carefully flip the patties and bake for another 15 minutes. Remove from oven. Place each patty on a bun with lettuce, tomato and 2 Tablespoons of the lemon-curry sauce.

Yield: 8 servings

### Nutrition Information Per Serving:

282 Calories  
4 grams Fat  
0.5 grams Saturated Fat  
1 mg Cholesterol  
416 mg Sodium  
50 grams Carbohydrates  
7.5 grams Fiber  
13 grams Protein

Food exchanges:

2 1/2 bread, 3 vegetable,  
1 fat



**HENRY FORD  
LIVEWELL**

in partnership with



For a demo of this LiveWell recipe, and for more wellness information, visit [HenryFordLiveWell.com](http://HenryFordLiveWell.com).