



Oat Black Bean Vegetable Burgers

Dairy-free, gluten-free if made with Quaker
Gluten Free Oats, nut-free, vegetarian

QUAKER

Servings: 4 | Prep Time: 20 minutes | Cook Time: 20 minutes

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Brought to you by
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Ingredients

- 2 cups Quaker® Oats (quick or old fashioned, uncooked), divided
- 1 (15-ounce) can no-salt-added black beans, drain and reserve liquid
- 1 tablespoon olive oil, divided
- 1 ½ cups coarsely chopped, peeled eggplant
- 1 cup chopped cremini or button mushrooms
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 teaspoon dried thyme leaves, crushed
- Coarse grind black pepper to taste
- 2 egg whites
- ½ cup chopped fresh parsley (optional)
- ¼ teaspoon salt (optional)



Preparation

1. Place 1 ½ cups oats and the beans in food processor.
2. Heat ½ tablespoon olive oil in large nonstick skillet over medium heat. Add eggplant, mushrooms, onion and garlic. Cook 10 minutes or until eggplant is tender, stirring frequently; reduce heat to medium-low if ingredients are browning too quickly.
3. Stir in thyme and black pepper, as desired. Cool slightly.
4. Meanwhile, pulse oats and beans to combine; mixture should be chunky.
5. Add eggplant mixture to food processor with oats. Add egg whites. Pulse just until mixture is combined but still has texture. Mixture should be moist. (Add reserved bean liquid a small amount at a time if more moisture is needed.)
6. Stir in remaining ½ cup oats, parsley and salt, if desired. Let stand 5 to 10 minutes.
7. Shape into 4 patties.
8. Heat remaining ½ tablespoon oil in large nonstick skillet over medium-low to medium heat. Cook patties 3 to 5 minutes per side, until browned.

NUTRITION FACTS (PER SERVING):

460 calories, 22 g fat, 4 g sat fat, 190 mg cholesterol, 550 mg sodium, 48 g total carb, 8 g fiber, 4 g sugar, 18 g protein, 10% DV calcium, 6% DV vitamin D, 15% DV vitamin C, 25% DV vitamin A, 15% DV potassium, 25% DV iron, 30% DV thiamin, 30% DV magnesium, 0 g added sugar

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