Mexican Black Bean Burgers

Homemade
vegetarian burgers made with black beans and a Mexican flair! Hot sauce
and fresh cilantro in these black bean burgers will have you coming
back for seconds!
Yield:

8 burgers (about 4 inches in diameter)
Ingredients:

3 1/2 cups cooked black beans (or 2 cans, rinsed and drained)
1/4 teaspoon granulated onion or onion powder
1/4 teaspoon granulated garlic or garlic powder
1 1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 large eggs
1-2 tablespoons hot sauce (We like Tapatio!)
1/2 cup (loosely measured) chopped fresh cilantro
1 to 1 1/2 cups bread crumbs
Oil, for cooking

For serving (pick and choose!):

Lettuce leaves, washed
Fresh tomato slices
Fresh cilantro
Sour cream
Chopped jalapenos
Sliced avocado
Fresh tomato salsa
Hamburger buns
Instructions:

1.
In a food processor bowl, combine the black beans, granulated

onion and
garlic, salt, pepper, eggs, hot sauce, and cilantro. Pulse until
mixture is creamy (some small pieces of beans is okay!)

If your food processor is small, you can do this in two batches, but
be sure to put one of the eggs in each batch, as the egg helps it be
thin enough to blend.

If you don’t have a food processor, you could try doing this in the
blender, but you will have to stir it down a bit to make sure everything
gets blended. Or, put everything in a bowl and blend with clean hands.
Freshly-cooked and still-warm (but not hot!) beans will make this
process easier.

2. Transfer creamed bean mixture to a mixing bowl, and then stir in
enough of the bread crumbs to make a sticky dough, similar to cookie
dough. Cover and let rest for about 10 minutes, to thicken. (You can
prepare your toppings during this time!)

3. Preheat a skillet (I use cast iron) or griddle or indoor grill
over medium heat. With slightly wet hands, form burger dough into 8
patties, about 1/2-inch thick.

4. Add some oil (about 2 tablespoons) to the skillet or griddle (or
lightly spray an indoor grill with oil) and when oil is hot

(hold hand
over it to feel heat rising), fry burgers for about 3-4 minutes on each
side, until browned on the outside and hot in the middle (middle will be
moist). You can adjust the heat if the burgers seem to be cooking too
slowly or browning too quickly.

Serve hot with toppings and enjoy!



Mexican Black Bean Burgers

This recipe is from Tammy’s Recipes.

Dilly Tuna Melts on Pita Bread

Easy tuna melts made with dill, green onion, cheese and tomato broiled on pita breads
Yield:

6 servings
Ingredients:

3 cans (7 ounces each) solid pack tuna, drained*
1/2 cup sour cream
1/4 cup mayonnaise
1/4 cup shredded or finely chopped dill pickles
1 teaspoon dill weed
1/4 cup sliced green onion
1/2 teaspoon salt
dash of black pepper
6 pita breads (I use homemade pita bread, which is about 6 inches in diameter)
3 roma tomatoes, diced
6 ounces (1 1/2 cups) shredded mozzarella cheese
Parmesan cheese and dill weed, for serving Instructions:

1.
In mixing bowl, combine drained tuna, sour cream, mayonnaise, dill
pickles, dill weed, green onion, salt, and pepper. Stir to combine.

2. Spread mixture evenly over the six pita rounds. Top each pita with
some of the diced tomatoes and an ounce (about 1/4 cup) of the shredded
mozzarella. Sprinkle with dill weed if desired.

3. Place tuna melts on baking sheets and bake in 375-degree pre-heated oven for 10 minutes. With baking sheets on the top oven rack,
turn oven to BROIL and bake 2-3 minutes longer, until cheese is bubbly
and browning. (Watch carefully to avoid burning!)

Serve hot, with parmesan cheese and dill weed sprinkled on top. Yummy!



Dilly Tuna Melts on Pita Bread

Biscuit Crust Pizza

A flaky, melt-in-your-mouth biscuit dough pizza that’s quick and easy!
Yield:

12 slices
Ingredients:

Biscuit Crust Ingredients:

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
5 tablespoons cold butter, sliced
3/4 cup milk

Topping Ingredients:

1 tablespoon melted butter
3/4 cup pizza sauce

3 cups (12 ounces) shredded mozzarella cheese
Any other toppings of your choice – pepperoni, onions, green peppers, black olives, pineapple, oregano, etc.

Optional: Parmesan cheese, for serving
Instructions:

1.
In a medium-sized mixing bowl, whisk together the flour, baking powder,
and salt. Cut in the cold butter with a fork or pastry blender. Stir in
the milk, just enough to moisten and turn dough into a big lump.

2. Turn dough out onto a lightly-floured surface and gently knead
8-10 times. Press or roll onto a greased or silicone-lined baking sheet
(13×18-inch) or pizza pan (16-inch round).

3. Spread the tablespoon of melted butter over the crust. Spread with sauce, cheese, and any toppings desired.

4. Preheat oven to 425 degrees. Bake on lower oven rack for about 17
minutes, until crust is lightly browned on the bottom and cheese is hot
and melted on top. If the top isn’t browned enough by then, move the
pizza to the top rack in the oven and bake for a few more minutes.

5. Cut into 12 slices and serve hot!



Biscuit Crust Pizza

This recipe is from Tammy’s Recipes.

Spicy Turkey Lentil Joes

Sloppy
Joes with a healthy twist: ground turkey, cooked lentils, and a spicy
kick that will have you coming back for seconds! Serve on buns or in
lettuce cups.
Yield:

12 servings
Ingredients:

24 ounces (1.5 pounds) 93% lean ground turkey*
1 large onion, diced
1 can (15 ounces) or 2 cups tomato sauce
1/3 cup Jamie’s Spice Mix**
1-2 tablespoons brown sugar

3 cups cooked and drained lentils***
salt, to taste

For serving: Buns or romaine lettuce, shredded cheddar cheese, and sliced dill pickles
Instructions:

1. In a large skillet (I use cast iron), brown the ground turkey with the diced onion.

2. When meat is cooked through, add the tomato sauce, spice mix,
brown sugar and lentils. Simmer over low heat for about 20 minutes,
until mixture is thick, stirring occasionally. Add salt to taste, if
needed.

3. Serve on buns or in romaine lettuce, topped with the shredded cheddar and dill pickle slices.



Spicy Turkey Lentil Joes

This recipe is from Tammy’s Recipes.

Grilled Chicken Quesadillas with Black Beans and Corn

Slices
of grilled chicken breast, black beans, shredded cheese, and corn
tucked into a flour tortilla and grilled until toasty hot! Served with
shredded lettuce, sour cream, tomatoes, and hot sauce, this is an easy
meal everyone will LOVE!
Yield:

6 servings (3 if used as a main dish)
Ingredients:

1 can (15 ounces, or about 1 3/4 cups freshly cooked) black beans, rinsed and drained
1/2 of a 15-ounce can of corn, drained (optional)
2 cups (8 ounces) shredded cheddar cheese or Mexican cheese blend
1 large or 2 medium grilled chicken breasts, sliced
Hot sauce, optional
1/2 cup chopped fresh cilantro
6 burrito-size flour tortillas

For serving (optional):

Shredded lettuce
Sour cream
Diced tomatoes
Fresh cilantro, chopped
Hot sauce
Instructions:

1. Combine the first 6 ingredients in a bowl for the filling.

2. Lay out the flour tortillas, and spread the filling evenly between them, in a semi-circle shape (half), so they can be folded in half.

3. Heat a griddle, indoor grill (like Foreman), or heavy skillet over medium heat. Place folded quesadillas in pan or on griddle and heat for a couple minutes on each side, until filling is hot, cheese inside is melted, and outsides are browned. Turn down the heat if they’re browning too quickly, or turn up the heat if they’re getting hot inside but not crisp and browned on the outside.

4. Remove quesadillas from griddle after cooking both sides. Cut in half or fourths with a pizza cutter or knife. Serve with lettuce, sour cream, tomatoes, hot sauce, and cilantro. You can stuff some toppings inside, or just spoon on top, or dip.



Grilled Chicken Quesadillas with Black Beans and Corn

This recipe was taken from Tammy’s Recipes.

Quinoa Tabbouleh w/ Chicken

- 1/2 cup uncooked quinoa
- 3/4 cup water
- 1 1/2 cups quartered grape tomato
- 3/4 cup shredded cooked chicken breast
- 3/4 cup minced fresh flat-leaf parsley
- 1/2 cup finely chopped red bell pepper
- 1/2 cup diced English cucumber
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Combine quinoa and water in a smalpot, ring to a boil, cover and let sit, removed from heat for 15 minutes or until tender. Cool quickly by running it under cold water.
2. Add remaining ingredients; toss well.

Chickpeas, Grape Tomatoes &

Feta Cheese Salad

1/4 cup chickpeas (rinsed & drained)
1/2 cup grape tomatoes sliced in half
1/4 cup crumbled feta cheese
1 tbs. lemon juice
2 t. olive oil
1 t. dried oregano
pinch of salt & pepper

Combine all ingredients in a bowl. Refrigerate for a couple of hours to let the flavors come together. This makes one serving and is a great lunch idea.

The above recipe has been altered from the original to accommodate our family tastes.
If you are interested in the original recipe, it can be found in Everyday Food, Jan/Feb 2003, page 16.