



Black Bean Burgers



Packed with veggies, these burgers are a healthy way to celebrate Memorial Day. This recipe comes to us from our friends at the meal planning service [The Scramble](#), and they're extending us a special offer! Receive a two week free trial and 15% off your subscription with code TKCM514 (through 5/31/14).

Ingredients: (makes 6)

- 15 oz. canned black beans, drained and rinsed
- 1 Tbsp. tomato paste or salsa
- 1/4 red onion, minced (1/2 cup)
- 1/2 cup bread crumbs
- 1 Tbsp. balsamic vinegar
- 1 egg, lightly beaten
- 1/4 cup yellow cornmeal
- 3 Tbsp. vegetable oil
- 6 whole wheat hamburger buns
- 6 leaves iceberg lettuce, for serving (optional)
- 1 tomato, sliced, for serving (optional)
- 6 slices Cheddar or Muenster cheese, for serving (optional)
- 1/2 cup salsa, ketchup, mustard and/or barbecue sauce, for serving (optional)

Instructions:

Together: Coarsely chop the beans in a food processor or mash them with a fork.

Kid: Place the beans in a large mixing bowl and add the tomato paste, onions, bread crumbs, vinegar and egg.

Together: Mix it well and, using wet hands, form the mixture into 6 patties.

Together: Place the cornmeal in a shallow bowl or plate. Coat the patties on both sides with the cornmeal. (You can store the uncooked patties in the refrigerator for up to 24 hours or freeze them for up to 3 months.)

Adult: In a large nonstick skillet or heavy skillet coated with nonstick cooking spray, heat the oil over medium heat. Fry the patties for 2 – 3 minutes on each side, until they are browned. Drain them on a paper towel.

Together: Serve them warm on buns, with desired toppings.

Food For Thought!



Memorial Day may be the unofficial start of summer, but it is also a holiday where we honor the men and women who died serving in the United States Armed Forces. Flags are often flown at “half-staff” (only halfway up the flag pole) until 12 noon as a sign of respect. Do you know anyone who has served in the military? Memorial Day is a great time to thank them for their service.

Cooking Tip of the Week

Firing up the grill this holiday weekend? Cook these burgers over medium heat in a cast iron pan alongside your other grilling favorites – the burgers may crumble if placed on the grill directly.

Conversation Starter

What are you most excited about doing this summer?



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