

## Easy Double Bean Burgers

makes 6 burgers

1 (15 oz) can black beans, drained and rinsed

1 (15 oz) can cannellini beans, drained and rinsed

1 large egg + 1 large egg white, lightly beaten

1/2 cup panko bread crumbs

3 tablespoons olive oil

3 tablespoons fresh cilantro, chopped

4 garlic cloves, minced or pressed

1/2 teaspoon smoked paprika

1/2 teaspoon onion powder

1/4 teaspoon salt

1/4 teaspoon pepper

6 whole grain buns, toasted if desired

In a large bowl, mash beans with a potato masher or fork. Add in cilantro, garlic, paprika, onion powder, salt and pepper, mixing to combine. In a smaller bowl, lightly beat eggs and add in 1 tablespoon olive oil and panko, stirring to mix. Add the egg mixture to the beans, and mix thoroughly to combine, bringing it together with your hands if needed. Separate the beans into 6 equal sections and form patties.

Heat a large skillet over medium-high heat and add 1 tablespoon olive oil (or as much as you need). Add burgers and cook on each side until golden, about 5 minutes. Remove and serve with avocado cream on whole wheat buns!