

Bean Burgers - Makes 5

15 oz can black beans, drained/rinsed

1 medium onion, chopped

1/2 cup old-fashioned rolled oats

2 tbsp flaxseed meal

1 tbsp chili powder

1/2 tsp turmeric

3 tbsp salsa

1 cup cooked, chopped greens (Squeeze out moisture.)

Set oven to 375F. Squish together in a large bowl. Mixture should be moist, not wet. If too wet, add oats. If too dry, add salsa. Form into patties. Allow to stand 15 minutes or more. Bake on parchment-lined pan 15 minutes. Flip. Bake 15 more minutes. Enjoy on whole-grain bun with all of the fixings. Freeze extras.