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## **Quinoa Black Bean Burgers**

### **Ingredients**

- 6 Tbsp olive oil
- ¾ cup red bell peppers, diced
- 2 cloves garlic, minced
- 1 large shallot, diced small
- ½ cup fresh cilantro leaves
- 1 can black beans, drained
- 3 cups TJ's tricolor quinoa, cooked in chicken broth
- 1 egg, beaten (optional)
- 2 cups bread crumbs
- TJ's Everyday Seasoning, to taste
- Salt & pepper, to taste

### **Directions**

Heat 3 tablespoons olive oil in a skillet, add red peppers and sauté until slightly soft, about 3 minutes. Add garlic and shallot and continue to sauté until soft. Remove from heat, cool for a few minutes and combine with black beans and cilantro, add to food processor and pulse until chunky. Blend mixture with quinoa, salt and pepper. Taste; adjust seasoning if needed. Add a beaten egg (if using) and mix well.

Divide into 7 or 8 patties and refrigerate for about 10 minutes. Season bread crumbs with Everyday Seasoning, salt and Pepper. Dredge patties and fry in remaining olive oil for approximately 3 minutes each side or until browned.