



Bean 'n Veggie PattyCakes



1/6th of recipe (1 patty): 139 calories, 1g total fat (<0.5g sat. fat), 372mg sodium, 24.5g carbs, 5.5g fiber, 5g sugars, 9g protein

Prep: 25 minutes **Cook:** 30 minutes

Chill: 1 hour

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Ingredients

5 cups chopped portabella mushrooms
1 cup finely chopped onion
1 tsp. chopped garlic
1/4 tsp. each salt and black pepper
One 15-oz. can black beans, drained and rinsed
1/2 cup fat-free liquid egg substitute
1/4 cup chopped fresh basil
1/4 cup all-purpose flour
1/4 cup finely chopped bagged sun-dried tomatoes (not packed in oil)
2 tbsp. reduced-fat Parmesan-style grated topping

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, garlic, salt, and pepper. Cook and stir until softened, about 10 minutes. Transfer to a large bowl lined with paper towels.

Place beans, egg substitute, and basil in a blender, and puree until mostly smooth.

Remove paper towels from veggie bowl, and blot away excess moisture. Thoroughly mix in bean mixture and flour. Stir in sun-dried tomatoes and Parm-style topping. Cover and refrigerate until cool and set, at least 1 hour.

Evenly divide and form mixture into 6 patties, about 1/2 cup each. If needed, clean skillet. Re-spray and bring to medium heat. Working in batches, cook patties until firm and lightly browned, 3 to 4 minutes per side. (Flip gently so patties keep their shape.) Enjoy!

MAKES 6 SERVINGS

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