



Episode 11

[www.HealthyRockford.com/TheHWord](http://www.HealthyRockford.com/TheHWord)

## Black Bean and Corn Burgers

### Ingredients

2 cans black beans	Tomato Salsa
2/3 C whole kernel corn	3 tomatoes, chopped
1/2 cup panko bread crumbs	1 small onion, chopped
2 egg whites	1 clove garlic, minced
4 scallions, minced	1 small jalapeno, seeded/chopped
3 T cilantro, chopped	1/2 C fresh cilantro
2 garlic cloves, minced	2 T fresh lime juice
2 t cumin	salt to taste
2 t oregano	
Whole grain buns	Serve with Milkshake (below)
Lettuce & tomato for topping	
2 avocados	

**THE H WORD**

**Burgers:** Pulse 1 1/2 C beans (rinsed and drained) in food processor until chunky. Transfer to bowl. Add remaining whole black beans, corn, panko, eggs, scallions, herbs, and mix until combined. Form into 4 to 6 patties. Season with salt and pepper to taste. Chill patties, covered, for at least 1 hr. Meanwhile, in a small bowl, stir together the salsa ingredients. Add salt to taste. Set aside. Heat large skillet, lightly coated with oil, over medium heat. Cook patties until light brown, 4 to 6 minutes on each side. Serve immediately and top with salsa, lettuce, tomato and avocado.

**Vanilla Milkshake:** Blend in blender until creamy: 1 C vanilla rice-based frozen yogurt, 1 C soy or almond milk, a dash of vanilla and a dash of maple syrup.



Episode 9

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### Ingredients

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2 t cumin	salt to taste
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Whole grain buns	Serve with Milkshake (below)
Lettuce & tomato for topping	
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