

Black Bean Burgers

Ingredients:

2 Cup Black Beans (1 can)
1 Cup shredded Zucchini
1 sml Onion, chopped
3 Garlic cloves, minced
¼ Cup Chia Seeds, ground
¼ Cup Parsley, finely chopped
½ tsp Thyme, Sage, Poultry Seasoning
1 tsp Paprika
Salt

Directions:

Preheat Oven to 375 degrees.

Sauté the onions and garlic in a pan until translucent. In food processor combine chia seeds and herbs. Add the beans, garlic and onion. Pulse in zucchini last. Make patties and place on parchment paper lined baking sheet. Bake for 30 minutes.