

WHITE BEAN BURGERS

1 can (15-16 oz) white beans, such as great northern or cannellini, drained

1 can (4 oz) chopped green chiles, undrained

2 medium green onions, chopped

1 cup plain dry bread crumbs

1 egg, beaten

¼ cup yellow cornmeal

2 tbsp vegetable oil

Cheese slices, optional (Mont. Jack or Provolone are the ones I use)

Mash beans in a large bowl. Add chiles, onions, breadcrumbs and eggs and mix well. Using hands, shape into 5-6 patties and set aside.

Add cornmeal to smaller bowl. One at a time, place patties into cornmeal and coat completely with cornmeal.

Heat oil in large skillet over medium heat. Cook patties in oil around 8-10 minutes, at least turning once until crisp on both sides. You can cook both side briefly in oil and then bake in the oven until fully cooked to decrease pan-frying. Top with cheese slices and cover until cheese is melted.

Total time: 25 minutes

Serves 5-6