

# Black Bean Edamame Burgers with Ginger & Lime

These burgers are high in protein, with lots of anti-viral and anti-bacterial properties from the cilantro. They taste wonderful a little spicy and tangy from the cilantro and lime.

Makes 6 Burgers

- 1 cup shelled, frozen edamame beans
- 1 cup small red onion chopped
- 2 Tb fresh ginger, peeled and chopped
- 1 Serrano or Jalapeno pepper, seeded and chopped
- 2 cloves garlic, chopped
- 1 Tb coconut oil
- 1 cup cooked black beans
- 1/3 cup [quinoa flakes](#)
- 2 heaping tablespoons ground flax seed
- 2-3 Tb lime juice (to taste)
- 3 Tb wheat free tamari
- 1/2 cup fresh cilantro, chopped
- 1/4 tsp cayenne pepper (optional)

- Sauté onion, ginger and serrano pepper in coconut oil (till soft and fragrant (about 5 minutes). Add garlic and edamame, stir.
- Place the onion mixture in a food processor and add the black beans, quinoa flakes, flax seed, lime juice, cilantro, tamari, and cayenne
- Pulse to combine, then add the cilantro. Run the motor until consistency is very thick but easy to mold.
- Mold into 6 patties. Place on a lightly oiled baking sheet
- Bake at 350 degrees for about 30 minutes
- Serve on Arugula topped with guacamole or sliced avocado.