



Black Bean Edamame Burgers with Ginger & Lime

Makes 4-6 Burgers

- 1 cup shelled, frozen edamame beans
- 1 cup small red onion chopped
- 2 Tb chopped ginger
- 1 serrano pepper seeded and chopped
- 2 cloves garlic
- 1 Tb coconut oil
- 1 cup cooked black beans
- 1/3 cup quinoa flakes
- 2 heaping tbsp ground flax seed
- 2-3 tbsp lime juice (to taste)
- 3 tbsp tamari
- 1/2 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 edamame and stir.
- Place the edamame, onion, pepper and ginger 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 about 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.

These burgers are wonderful: a little spicy and tangy from the cilantro and lime