

## Black Bean, Corn and Quinoa Burger

### Ingredients

- 8 ounces ( 1 cup) water
- 1 1/4 teaspoons sea salt
- 3 1/8 dry quinoa
- 1 tsp extra-virgin olive oil
- 3 ounces minced white onion
- 5 cloves garlic minced
- 2 15 ounce cans black bean, rinsed and drained
- 6 ounces of frozen corn
- 1/4 ounce minced fresh parsley
- 3 tablespoons tomato paste
- 2 teaspoons cumin
- 1 1/4 teaspoons chile powder
- 1 egg
- 1 1/2 ounce rolled oats
- 2 ounces oat flour



### Directions

Place the water, 1/4 teaspoon salt, and quinoa in a small saucepan. Stir together and bring to a boil. Once boiling reduce to heat to low, cover, and cook for about 15 minutes, until the quinoa is puffed up and translucent, with no liquid remaining. Stir briefly and remove from heat. Set aside. Warm a small skillet with olive oil over medium heat. Add the onion, garlic, and another 1/4 teaspoon sea salt and sauté for about 5-6 minutes, until the onion is translucent, remove from heat and place in large bowl. Add 2 1/4 cups of black beans to the bowl and use a potato ricer to mash everything together until the mixture is pasty. Add the remaining black beans, corn, parsley, lime juice, tomato paste, cumin, chile powder, and remaining 3/4 teaspoon sea salt, sprinkling the salt and spice evenly overtop when you add them. Stir together until everything is evenly combined. Taste and adjust seasonings if desired. Stir in egg until totally incorporated, and then stir in quinoa, oats, and oat flour until all ingredients are well-combined. Line a baking sheet with parchment paper. Divide the patty mixture into 6-7 equal portions and shape into round patties. Place spread out on the prepared baking sheet. Cover with plastic wrap and refrigerate for at least a few hours or overnight. When ready to bake, preheat oven to 400 f. Bake burgers in preheated oven for 10-12 minutes on each side, until turning golden brown. Serve hot with choice of toppings.