Black Bean Burger

INGREDIENTS:
1 (20-oz.) can black beans, drained and rinsed
¾ tsp. minced garlic
1 ¼ tsp. chili powder
Salt and pepper to taste
1 large egg, beaten
1/3 c. plain bread crumbs

DIRECTIONS:
Mash beans in a large bowl.
Mix in garlic, chili powder, salt, pepper and egg.
Stir in bread crumbs.
Shape into four patties; you can refrigerate them if they are not very firm (up to one day ahead).
Spray skillet with nonstick spray and heat on medium heat. Add the burgers and cook uncovered until hot.
If storing for later, allow to cool, then freeze on a baking sheet for an hour or until frozen. Transfer to a freezer bag. When ready to use defrost and cook in a skillet.

NUTRITION:
Makes four servings. Each serving has 180 calories, 2 g fat, 11 g protein, 30 g carbohydrate, 9 g fiber and 270 mg sodium.