



BUTTER BEAN BURGERS

Advanced Lifestyle

INGREDIENTS

1 (15 ounce) can butter beans, drained
1 small onion, chopped
1 TBS finely chopped jalapeno pepper
6 saltine crackers, crushed
1 egg, beaten
½ cup shredded Cheddar cheese
¼ TSP garlic powder
pinch salt and pepper
¼ cup vegetable oil

INSTRUCTIONS

—In a medium bowl, mash butter beans. Mix in onion, jalapeno pepper, crushed crackers, egg, cheese, garlic powder, salt, and pepper. Divide into 4 equal parts, and shape into patties.

—Heat oil in a large skillet over medium-high heat; use more or less oil to reach 1/4 inch in depth. Fry patties until golden, about 5 minutes on each side.

SERVING INFO: (Yields 4 servings): 1 veggie burger = 1 P