

### Ingredients:

- 1 cup mashed sweet potato (~2 large potatoes)
- Olive oil
- ½-¾ cups cooked brown rice or cooked quinoa
- 1/2 cup cooked black beans
- 1/4 cup finely diced green onion
- 1/4 cup walnuts, finely chopped
- 1 ¼ tsp ground cumin
- 1/2 tsp smoked paprika
- 1/8 tsp each salt and pepper
- Dash of siracha or your favorite hot sauce (for flavor, or more to spice it up if you like it!)

### Preparation:

1. Preheat oven to 400 degrees F and cut sweet potatoes in half. Rub with a small drizzle of olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch, about 30 minutes. Remove from oven and allow to cool. Reduce oven heat to 375 degrees F.
2. While potatoes are baking, cook rice or quinoa. This is a great opportunity to use left over grains and save time.
3. Add half the black beans to a mixing bowl and mash for texture. Next add the sweet potato and continue to lightly mash.
4. After mashing, add the remaining beans, 1 cup rice, green onion, finely chopped walnuts, and spices. Mix to combine. Taste and adjust seasonings as needed. Add more rice or walnuts if the mixture feels too wet. It should be very moist, but also hold shape when you form the mixture.
5. Lightly grease a baking pan. Divide the mixture into 6 even sized patties. You can use a ¼ cup measuring cup to help shape and press the patties.
6. Bake burgers for a total of 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them, the firmer and drier they will get.
7. Serve on slider buns, or on top of a salad with sliced avocado, red onion, greens, pickled veggies, a squeeze of lemon juice and olive oil. Enjoy!



### Nutrition Facts

Serves 6

Amount Per Serving	
<b>Calories</b>	169
% Daily Value*	
<b>Total Fat</b> 8.5g	11%
Saturated Fat 1.1g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140.2mg	6%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 3.1g	11%
Sugars 1.2g	
<b>Protein</b> 3.6g	7%
<ul style="list-style-type: none"> <li>• Vitamin A 19%</li> <li>• Vitamin C 2%</li> <li>• Calcium 2%</li> <li>• Iron 7%</li> <li>• Vitamin D 0%</li> <li>• Magnesium 11%</li> <li>• Potassium 5%</li> <li>• Zinc 6%</li> <li>• Phosphorus 8%</li> <li>• Folic Acid (B9) 6%</li> </ul>	

### Smoky, Sweet BBQ Sauce

### Ingredients:

- 1 cup ketchup
- 1/2 cup cider vinegar
- 1/4 cup molasses (1/8 cup soy sauce can be substituted)
- 1/2 cup packed light brown sugar, honey, or maple syrup
- 3 Tbsp smoked paprika
- 2 tsp chili powder
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp hot sauce
- 1 tsp Worcestershire sauce
- 1/8 tsp cayenne pepper
- Salt, to taste

### Preparation

1. Combine everything except the salt in a medium saucepan. Bring to a boil over medium heat.
2. Reduce to a simmer and cook for 5 minutes, stirring occasionally.
3. Add salt to taste.

### Healthy Chesapeake


667 Kingsborough Square, Suite 102 • Chesapeake, VA 23320

[info@healthychesapeake.org](mailto:info@healthychesapeake.org) • (757) 690-8970

[www.healthychesapeake.org](http://www.healthychesapeake.org)

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