

Black Bean Burger Wraps

Prep time:

15 minutes

Cooking time:

10 minutes

Yields:

6 people

Ingredients:

For the Burgers:

1 (15-ounce) can black beans, rinsed and drained

1 tablespoon ground flaxseed mixed with 3 tablespoons water

¼ cup onion, chopped

1 cup gluten-free bread crumbs

1 clove garlic, minced

½ teaspoon cumin

1 teaspoon chili powder

Salt and pepper to taste

For the pico:

2 Roma Tomatoes, seeded and diced

1 oz. onion, diced

1 tbsp jalapeno, minced

1 tbsp cilantro, chopped

1 tbsp lime juice

salt and pepper to taste

For the wraps:

6 large collard leaves, washed

Plus:

1 avocado sliced

Directions:

For Wraps:

Bring large pot of salted water to a boil. Add collard green leaves to boiling water for 30 seconds and then immediately transfer to a bowl filled with ice water. Drain the leaves once they are cool and set aside.

For Pico:

Combine all ingredients and mix well. Set aside for wraps.

For the Burgers:

Put beans in a large bowl and mash well with a fork. Add flax mixture, onion, bread crumbs, cumin, chili powder, garlic, salt, and pepper. Mix well to combine then shape into 6 patties.

Heat a large skillet over medium heat and spray with oil. Arrange patties in a single layer (working in batches, if needed) and cook, flipping once, until golden brown on both sides and cooked through, about 10 minutes total.

To assemble:

Place black bean burger patties inside collard leaves. Top with sliced avocado and pico. Fold one side of collard green in, roll up tightly and serve.