Black Bean Burgers

1 slice whole wheat bread

1/4 cup grated onion

1 Tablespoon garlic

1 1/2 teaspoons fresh lime juice

3/4 teaspoon cumin

3/4 teaspoon salt

1/2 teaspoon grated lime zest

15 ounce can black beans, drained

1/3 cup coarsely chopped walnuts

1/2 teaspoon hot sauce

1 egg

​4 teaspoons olive oil

Place bread in a food processor. Pulse until coarse crumbs.

Transfer to a bowl.

Combine onion, garlic, lime juice, cumin, salt, lime zest and beans in food processor.

Pulse 5 times.

Add bean mixture, walnuts, hot sauce and egg to crumbs. Stir well.

Divide mixture into 4 equal portions. Shape into a thick patty.

Heat oil in skillet. Add patties and cook 4 minutes on each side.