

Reuben Pinto-Burgers

Servings: 4

Ingredients:

- 1 can (15.5-oz.) Pinto beans, fork mashed
- $\frac{1}{2}$ cup bread crumbs
- 1 large egg
- 1 Tbl. minced garlic
- $\frac{1}{2}$ tsp. Garlic Mrs. Dash
- $\frac{1}{4}$ cup light mayonnaise
- 1 Tbl. cocktail sauce or ketchup
- 4 whole-grain burger buns (2-ounce, 160-calorie size)
- 2 Tbl. canola oil
- 3 ounces *light* Swiss Cheese (divided into 4 servings)
- 1 cup sauerkraut, drained



Directions:

1. Mix mashed beans with bread crumbs, egg, garlic and Mrs. Dash. You may need a few tablespoons of water if the mixture is too dry. Divide into 4 equal portions and flatten into patties.
2. Mix mayonnaise with cocktail sauce or ketchup and set aside.
3. Toast buns or warm in 300-degree oven about 5-minutes.
4. Heat oil in a sauté pan over medium heat. Add patties and cook. Turn when under-side has turned golden-brown. Top patties with Swiss while second side browns.
5. Spread mayonnaise mixture lightly on both sides of bun, add burger and top with $\frac{1}{4}$ cup of sauerkraut, then top with the half of the bun. *Enjoy!*

Nutrition:

 (Serving size: One Burger)

calories: 515	protein: 20g	total carbohydrate: 60g	total fat: 20.7g
sugars: 8.5g	sodium: 1232mg	dietary fiber: 13g	saturated fat: 4.2g