BLACK BEAN QUINOA BURGERS

Ingredients:

- 1 can black beans (drained and rinsed)
- 1 ½ cups of cooked quinoa
- 2 cups of sweet potatoes, cooked and diced
- 2 cloves of minced garlic
- 1 tsp of salt
- 1 tsp of cumin
- 1 tbsp of oil
- 1 ½ tbsp of chipotle peppers in adobo sauce
- 3 stalks of green onions, chopped
- ½ cup cilantro, chopped
- ¼ cup Non fat yogurt
- ½ lime, juiced

Directions:

1. Preheat oven to 400°F.
2. Mash sweet potatoes and beans together in a bowl and add quinoa, garlic, spices and oil.
3. Mix well and add green onion and cilantro.
4. Shape mixture into patties on a baking sheet and bake for 15 min, flip over and bake for 5-10 more minutes.
5. For the alioli, combine yogurt, chipotle peppers and lime juice and whisk. Enjoy!

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