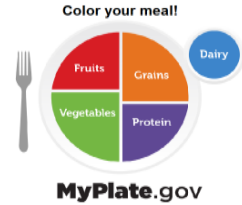




# BLACK BEAN QUINOA BURGERS



## Ingredients:

**1 can black beans (drained and rinsed)**

**1½ cups of cooked quinoa**

**1 tsp of salt**

1 tbsp of oil

**½ cup cilantro, chopped**

**1½ tbsp of chipotle peppers in adobo sauce**

**2 cups of sweet potatoes, cooked and diced**  
**2 cloves of minced garlic**

1 tsp of cumin

**3 stalks of green onions, 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!

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

# Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

**F.O.R.**  
Comida y otros recursos  
**LÍNEA DE AYUDA**



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

**1-888-544-8773**

**F.O.R.**  
Food and Other Resources  
**HELPLINE**



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

**1-888-544-8773**

**F.O.R.**  
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

**1-888-544-8773**

Operado por el Consejo del Banco de Alimentos de Michigan  
Food Bank Council of Michigan  
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan  
Michigan Department of Health and Human Services

Operated by the Food Bank Council of Michigan  
Funded in part by the Michigan Department of Health and Human Services

متمويل جزئياً من قبل مجلس إدارة بنك الأغذية في ميشيغان  
Michigan Department of Health and Human Services

**¿TIENE UNA TARJETA BRIDGE?**



**COMPRE \$1  
OBTENGA \$1 GRATIS  
FRUTAS Y VERDURAS**



**HAVE A BRIDGE CARD?**



**BUY \$1  
GET \$1 FREE  
FRUITS & VEGGIES**

[DoubleUpFoodBucks.org/GetFresh](https://DoubleUpFoodBucks.org/GetFresh)

☎ [866.586.2796](tel:866.586.2796)

**هل لديك "بطاقة الفود ستامب" BRIDGE CARD؟**



**اشتر بقيمة 1 دولار  
واحصل على 1 دولار مجانية  
من الفواكه والخضراوات**



Scan the QR code below for more resources!



[linktr.ee/gleanersnutritioneducation](https://linktr.ee/gleanersnutritioneducation)

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!