



Grilled Red Beans & Rice Burgers

Prep: 20 minutes

Grill: 10 minutes • Serves: 4

- 1 cup brown rice
- 1 can (15.5 ounces) no salt added dark red kidney beans, drained, rinsed and patted dry
- ½ cup panko breadcrumbs
- ½ cup walnut pieces
- 2 teaspoons salt-free steak grilling blend seasoning
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 3 tablespoons avocado oil mayonnaise
- 2 tablespoons steak sauce
- 4 (½-inch-thick) slices Vidalia onion
- Nonstick cooking spray
- 4 whole wheat hamburger buns

1. Prepare outdoor grill for direct grilling over medium-high heat. Prepare rice as label directs; cool slightly.
2. In food processor, process rice, beans, breadcrumbs, walnuts, steak seasoning, pepper and garlic powder 2 minutes or until a thick dough forms but some small pieces remain, scraping down bowl occasionally; form into 4 (½-inch-thick) patties.
3. In small bowl, whisk mayonnaise and steak sauce. Makes about ¼ cup.
4. Spray both sides of onions and patties with cooking spray; place on hot grill rack. Cover and cook onions 8 minutes or until tender and lightly charred, turning once; cook burgers 10 minutes or until lightly browned, turning once. Serve burgers in buns topped with onion and mayonnaise mixture.

*Approximate nutritional values per serving (1 burger):
519 Calories, 21g Fat (3g Saturated), 12mg Cholesterol,
473mg Sodium, 72g Carbohydrates, 9g Fiber, 10g Sugars, 11g Protein*

Chef Tip

For a time saver, use packaged ready-to-serve brown rice.

Dietitian's Dish

- > Adding meatless ingredients like walnuts, mushrooms, beans and grains to a burger boosts the nutrients and flavor. Walnuts add heart-healthy ALA omega-3 fatty acids. Mushrooms add umami flavor without the need for salt.