



PESTO BLACK BEAN BURGERS

lettuce wraps

DIRECTIONS

Made Ahead

- Pesto
- Bread Crumbs

For pesto black bean burgers

1. Preheat oven to 350°F.
2. Mix rolled oats, black beans, bread crumbs, egg, salt, and black pepper together in a large prep bowl until just barely well incorporated. Form four patties from mix and set aside in a plate.
3. Heat grapeseed oil in oven-safe griddle or skillet over medium heat. Pan sear black bean patties on the first side for 2-3 minutes.
4. Flip patties over and finish baking in oven, about 25-28 minutes.
5. Serve with a tablespoon of pesto on top of each burger and wrapped with 1-2 lettuce leaves.

For pesto

1. Please note if you are testing one or two pesto recipes and set aside the right amount before making. Purée basil, walnuts, garlic, parmesan, $\frac{1}{4}$ (or $\frac{1}{2}$) cup olive oil, salt, and black pepper in blender or food processor until thick sauce. It should thicken like a paste.
2. For testing both recipes: set aside two portions – $\frac{1}{4}$ cup and $\frac{3}{4}$ cup – in two different containers. To prevent top from turning brown, place a layer of plastic directly on top of pesto and then seal with lid. The $\frac{1}{4}$ cup portion will be used tonight for black bean burgers; $\frac{3}{4}$ cup portion will be used for pesto pasta.

INGREDIENTS

For pesto black bean burgers

- 1 cup rolled oats (not instant)
- 2 15-ounce cans black beans, rinsed and drained
- $\frac{1}{4}$ cup bread crumbs, already made
- 1 egg
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 $\frac{1}{2}$ Tablespoons grapeseed oil
- $\frac{1}{4}$ cup pesto, already made
- 6-8 leaves green leaf lettuce

For pesto

[Note to recipe testers, if you are not testing pesto pasta, reduce pesto ingredients to the following: 1 cup basil leaves, $\frac{1}{4}$ cup walnuts, 1 garlic clove, $\frac{1}{4}$ cup finely shredded parmesan cheese, $\frac{1}{4}$ cup olive oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon black pepper)

- 4 cups basil leaves
- 1 cup walnuts (substitute with pinenuts)
- 2-3 garlic cloves (use 1-2 if your family is sensitive to garlic)
- $\frac{1}{2}$ cup finely shredded parmesan
- $\frac{1}{2}$ cup olive oil, plus a little extra for consistency
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper