

Kung Pao Burgers

1.5	cups	pinto beans drained (heaping or 1-15 oz can)	1	Tbs	soy sauce
			½	tsp	garlic powder
			½	tsp	onion powder
			½	tsp	black salt
			¼	tsp	dried red pepper flakes
1.5	cups	kidney beans drained (heaping or 1-15 oz can)	0		2 teaspoons green onions —chopped, optional
			½	cup	whole wheat pastry flour
3	Tbs	orange juice concentrat e or sugar free Orange marmalade			a few drops sesame oil
1	tsp	minced garlic			
1	tsp	Splenda			
2	tsp	ginger powder			
1	tsp	minced ginger			
2	Tbs	Szechuan sauce			
2	Tbs	rice vinegar			



Kung Pao is supposed to have a sweet/sour/salty flavor

Procedure

- 1 With a potato masher, mash beans coarsely until chopped but not pureed, add all ingredients, adding extra OJ concentrate as needed to get the spices fully mixed in the beans.
- 2 Make 8 balls then flatten into patties and spray each side with oil and place on a dark baking sheet—NOT a cookie sheet. Bake for 10 minutes, flip, cook 8-10 minutes more until thoroughly warm and a bit crispy.

3 One Healthy Recipe

- 3 Alternatively, coat lightly with flour and “fry” on a griddle for 8-10 minutes until thoroughly warm and a bit crispy.

Servings: 8

Yield: 8 burgers

Nutrition Facts

Nutrition (per serving): 134 calories, 5 calories from fat, <1g total fat, 0mg cholesterol, 65.8mg sodium, 376.9mg potassium, 21.9g carbohydrates, 6.5g fiber, 3.7g sugar, 7g protein.

3 One Healthy Recipe