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CALIFORNIA BBQ VEGGIE SLIDERS



By Dawn Jackson Blatner, RDN, CSSD

Full of beans and fresh vegetables, these miniature veggie burgers are **fun and nutritious no matter what you top them with!**

INGREDIENTS

2 cans (15½ ounces each) garbanzo beans, rinsed and drained
2 tablespoons olive oil
3 green onions, finely chopped (about ½ cup)
1 large carrot, shredded (about 1 cup)
Sea salt and black pepper, to taste
⅓ cup whole wheat flour (or garbanzo bean flour)
Mini whole grain hamburger buns, toasted

TOPPINGS

Avocado
Tomato
Barbecue sauce

DIRECTIONS

1. In a food processor or with a hand blender, puree beans and oil until smooth.
2. Stir in onions, carrots, salt and pepper. Add in flour until mixture comes together.
3. Form 12 mini patties. Cook in skillet or on grill until each side is browned, about 4 minutes per side.
4. Assemble burger on bun with avocado, tomato and barbecue sauce.

NUTRITIONAL INFORMATION | 1 burger | Serves 12

Calories: 90; Total Fat: 3g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 160mg; Total Carbohydrate: 14g; Dietary Fiber: 3g; Sugars: 1g; Protein: 4g