

Millet Black Bean Patties

A flavorful patty with a crispy outer layer and a moist center made with black beans, millet (gluten free!), fresh carrots, corn, onion, and spices. They are a wonderful, gluten-free option that pair nicely on a bun and veggies. My family actually topped them with grilled chicken, my [Spicy Chipotle Pineapple Salsa](#), and avocado! The spicy and sweet was SO GOOD. Each patty has 6.3 grams protein, but it is a good idea to add a little extra lean protein to make this a more complete meal. ENJOY!

Ingredients:

1 cup	Cooked millet
1, 15 oz can	Black beans, drained, rinsed
½ cup	Shredded carrots
¼ cup	Shredded onion (about ¼ large onion)
½ cup	Cooked corn kernels (I used the seamable bags of corn kernels and saved the leftovers)
¼ cup	Cornmeal
1 tsp	Smoked paprika
2 tsp	Oregano
2 tsp	Cumin
1 tbsp	Garlic powder
1 tsp	Reduced sodium soy sauce
2 tbsp	Olive oil (for pan-frying)

Directions:

1. Cook the millet according to the bag instructions. Cook the corn kernels according to the bag instructions.
2. In the meantime, rinse and drain the black means. Pour into a large bowl and mash the beans with a fork or potato masher. Add all the other ingredients (except the oil) and mix well. Once the corn and millet are cooked, add those in as well.
3. Preheat the oil in a large skillet over medium heat. Form about ¼ cup bean mixture into a patty and repeat for the remaining mix (about 6 patties).
4. Place 2-4 patties on the hot skillet. Cook on each side for about 2-4 minutes or until the sides are crispy and warmed throughout. To prevent burning, adjust the heat based on your stove (hot enough to crisp the outsides and warm throughout but not so hot that it burns before warming the insides).
5. Serve warm! Enjoy!

Servings: 6 patties
 Serving size: 1 patty

Millet Black Bean Patty		
Nutrition Facts		
Serving Size: 1 Patty		
Amount Per Serving		% Daily Value*
Calories	180.5 kcal	9 %
Total Fat	5.3 g	8 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	167.7 mg	7 %
Total Carbohydrate	27.4 g	9 %
Dietary Fiber	4.9 g	19 %
Sugars	1.9 g	
Protein	6.3 g	13 %
Vitamin A	4 %	Vitamin C 3 %
Calcium	5 %	Iron 13 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		