

Summer wouldn't be complete without enjoying a few burgers! For something a little different, why not give one of these black bean burgers a try? The flair of Mexican spices, along with fresh coriander and salsa will make these delicious burgers and new summer staple! Although not firm enough to grill on the BBQ, the simplicity of these tasty burgers will win you over. Hmm, I wonder what some of that guacamole would taste like on one of these burgers?



Black Bean and Salsa Burgers

(makes 4 patties)

Ingredients

- 1 can (540 ml) black beans, drained and rinsed
- 1/2 cup bread crumbs
- 1/2 cup salsa
- 1 tbsp fresh coriander, chopped
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- Sea salt and pepper to taste
- 1 tbsp vegetable oil

Method

In a large bowl, mash the beans with a fork or potato masher until somewhat smooth, but still a bit chunky. Stir in the breadcrumbs, salsa, scallions, coriander and spices. Taste and adjust seasoning. Heat the oil in a large nonstick skillet on medium heat. Divide the mixture into four and shape into patties, about 2 cms thick and carefully place them into the skillet. Pan fry the burgers until they are browned and crunchy, about 5 to 6 minutes per side. Serve on a bun with your favourite cheese, lettuce, tomato, onion, salsa and guacamole.

Summer is the best time to explore the electrifying flavours of South America. With such bright colours and the combination of so many unique flavours, your senses will be simply exhilarated! Vibrant lime brings this dish alive and if you like spice, a jalapeno pepper will add the kick you're looking for. Make sure to serve your guacamole immediately after making it, since avocados do not keep very well.



Guacamole

(serves 4)

Ingredients

- 2 ripe avocados (semi soft to the touch)
- 1/2 red onion, chopped
- 2 cloves garlic, finely chopped
- 1 ripe tomato, chop
- 1 lime, juiced
- 1/2 to 1 jalapeno pepper, seeds removed and finely chopped (*optional)
- Sea salt

Method

Cut the avocado in half lengthwise and remove the pit with a spoon. Scoop out the inside of the avocado into a bowl and mash it with a fork. Stir in the rest of the ingredients, adjust the seasoning and serve with corn chips. Enjoy!

-Sarah Visheau is a Red Seal certified Chef, trained at Stratford Chef School (graduated with honours 1999). From Hamilton, she has worked within the food industry across Ontario, parts of Australia and recently moved to Georgetown. She has worked in restaurants, food shops, catering, on a cookbook and a magazine. If you have any questions, please email her at visheaus@hotmail.com.

