

Spicy Southwest Black Bean Burger



INGREDIENTS:

(1 Serving)

- 1 MSF Spicy Black Bean Patty
- 1 Teaspoon Salsa
- 1 Whole Grain Hamburger Bun

NUTRITIONAL VALUE:

Calorie: 290
Fat: 8g
Cholesterol: 8mg
Sodium: 670mg
G4G: Yellow

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Method of Preparation

1. Grill for 4 minutes on each side, or cook MSF patty in 350 degrees oven for 8 minutes, until internal temperature reaches 165 degrees on and instant read thermometer.
2. Salsa (Chop tomatoes, onion and a bit of cilantro).
3. Place patty on bottom bun, top with salsa and place top bun on burger.

*Any variations to the above ingredients/recipe will change nutritional information.