***Bulgur-Black Bean Veggie Burger***

**Ingredients**

1 Tbsp olive oil, plus additional for brushing

1 small onion, diced

½ cup bulgur

1 (14oz) can black beans, rinsed, drained and mashed

½ cup whole wheat breadcrumbs

1 ½ Tbsp Worcestershire sauce

1 egg, slightly beaten

2 garlic cloves, minced

½ cup fresh cilantro, minced

¾ tsp ground cumin

¼ tsp cayenne

½ tsp pepper

¼ tsp salt

4 whole wheat hamburger rolls

Optional toppings: lettuce, tomato, red onion

**For Lime-Cilantro Aioli:**

¼ cup prepared low-fat mayonnaise

¼ cup nonfat Greek yogurt

1 lime, zest and juice

1 clove garlic, chopped

1 Tbsp chopped fresh cilantro

**Instructions**

1. Heat olive oil in a small heavy saucepan over medium heat, sauté onion until golden, 5 to 7 minutes. Add bulgur to pan along with 1 cup of water or broth.  Cover and simmer on low until water is absorbed, about 15-18 minutes.
2. Put cooked bulgur in a large mixing bowl with remaining ingredients and mix well.
3. Form into 4 patties, about ½ cups of mixture per patty.
4. Chill at least 20 minutes.  While patties chill, prepare aioli by pulsing all ingredients in a blender or food processor until blended.  Chill until ready to use.
5. In a large skillet over medium heat, add 1 tablespoon oil.  When hot, drop in patties and cook until golden, about 5 minutes per side.
6. Serve on whole wheat rolls with Lime-Cilantro Aioli and desired toppings (lettuce, tomato, red onion, avocado).

Adapted from: https://wholegrainscouncil.org/recipes/bulgur-black-bean-veggie-burger