

USA:

Black Bean Burger

INGREDIENTS:

- 1 (14 ounce) can black beans, drained & rinsed
- ½ tablespoon olive oil
- ½ chopped bell pepper
- ½ chopped yellow onion
- ½ tablespoon garlic minced
- ½ teaspoon chili powder
- Dash garlic powder
- Dash smoked paprika
- ¼ cup breadcrumbs
- ¼ cup feta cheese (optional)
- 1-2 large eggs
- ½ tablespoon Worcestershire (optional)
- 1 tablespoons BBQ sauce (optional)
- Additional seasonings as desired.
- Toppings for serving!

THIS RECIPE USES 4 out of 5 FOOD GROUPS!

DIRECTIONS:

1. Wash hands and produce prior to cooking.
2. Gather all ingredients.
3. Sauté produce items (bell pepper & onion) with olive oil and garlic.
4. Drain and rinse canned black beans.
5. Combine sautéed onions and peppers with breadcrumbs, feta, eggs, Worcestershire, BBQ, garlic powder, chili powder, and any additional seasonings into blender. Blend until smooth.
6. Add black beans into blender and pulse.
7. Unplug blender. Form mixture into patties and cook on both sides until cooked through.

Serve and enjoy at a meal!

This recipe can be made for one serving or many to be shared!



USA:

Yogurt Pops

INGREDIENTS:

- Yogurt
- Berries
- Spoons
- Ice cube tray

Optional Ingredients:

- Flax seed
- Chia seed
- Granola
- Flavored yogurt
- Other fruits

THIS RECIPE USES 2 out of 5 FOOD GROUPS!

DIRECTIONS:

1. Wash hands and produce prior to cooking.
2. Gather all ingredients.
3. Portion berries and yogurt into ice cube tray.
4. Place spoon in the middle of each section (this will act as a popsicle stick).
5. Place into the freezer until the yogurt is frozen.

Serve and enjoy at snack time!

This recipe can be made for one serving or many to be shared!

