

# Black Bean Bites

6 Servings • 1 Serving = 4 Bites



## INGREDIENTS

- 3 ½ cups cooked black beans, about 2 (15 ounce) cans, if using canned, rinse and drain
- 2 eggs, whisked
- ½ cup green onion, finely chopped
- ½ cup cilantro, finely chopped
- Optional: 1 jalapeño, seeded and finely chopped
- ½ cup red bell pepper, finely chopped
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- Canola oil cooking spray, as needed
- 6 baked tostadas or lettuce cups
- Optional toppings: zesty avocado dip, pico de gallo

## DIRECTIONS

1. In a large bowl, mash the beans with a potato masher or fork.
2. Stir in the rest of the ingredients, besides the canola oil, and mix well. Use your hands to form 24 mini patties. Each patty should be about 2 Tablespoons of the mixture.
3. Heat a large, non-stick skillet over medium-low heat. Spray the heated pan with the cooking spray. Working in batches, cook the patties, allowing one side to crisp up on the outside, about 3 minutes. Flip and repeat on the other side. Respray the skillet with each batch.
4. Remove the patties and place on a plate lined with a paper towel while you finish cooking the rest of the patties.
5. Serve on baked tostadas or in lettuce cups. Top with zesty avocado dip and pico de gallo.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>4 bites</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 10g	38%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 3mg	15%
Potassium 508mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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