Cilantro Lime Black Bean Burgers

Ingredients:
2 cans (BPA free) black beans
1 green chile pepper, seeds removed
1/4 of small red onion
1/2 cup corn kernels
2 garlic cloves
1/3 cup cilantro
1 tsp cumin
1/2 tsp chili powder
1/2 tsp red pepper flakes
1/2 lime, juice
1/2 cup bread crumbs whole wheat or made without gluten, panko crumbs
1 egg

Directions: In a food processor, process the chile pepper, onion and garlic until finely ground. Add in one can of black beans, cilantro, lime juice and spices. Process until a smooth pasty consistency. Transfer the mixture in a medium sized mixing bowl. Add in the rest of the black beans egg, bread crumbs, and corn and stir until combined. Form into burger sized patties. Grill over medium low heat for about 4 minutes on each side. You can also cook these in a frying pan over medium heat until browned on each side.

Notes: If mixture seems a bit too moist, add in extra bread crumbs.