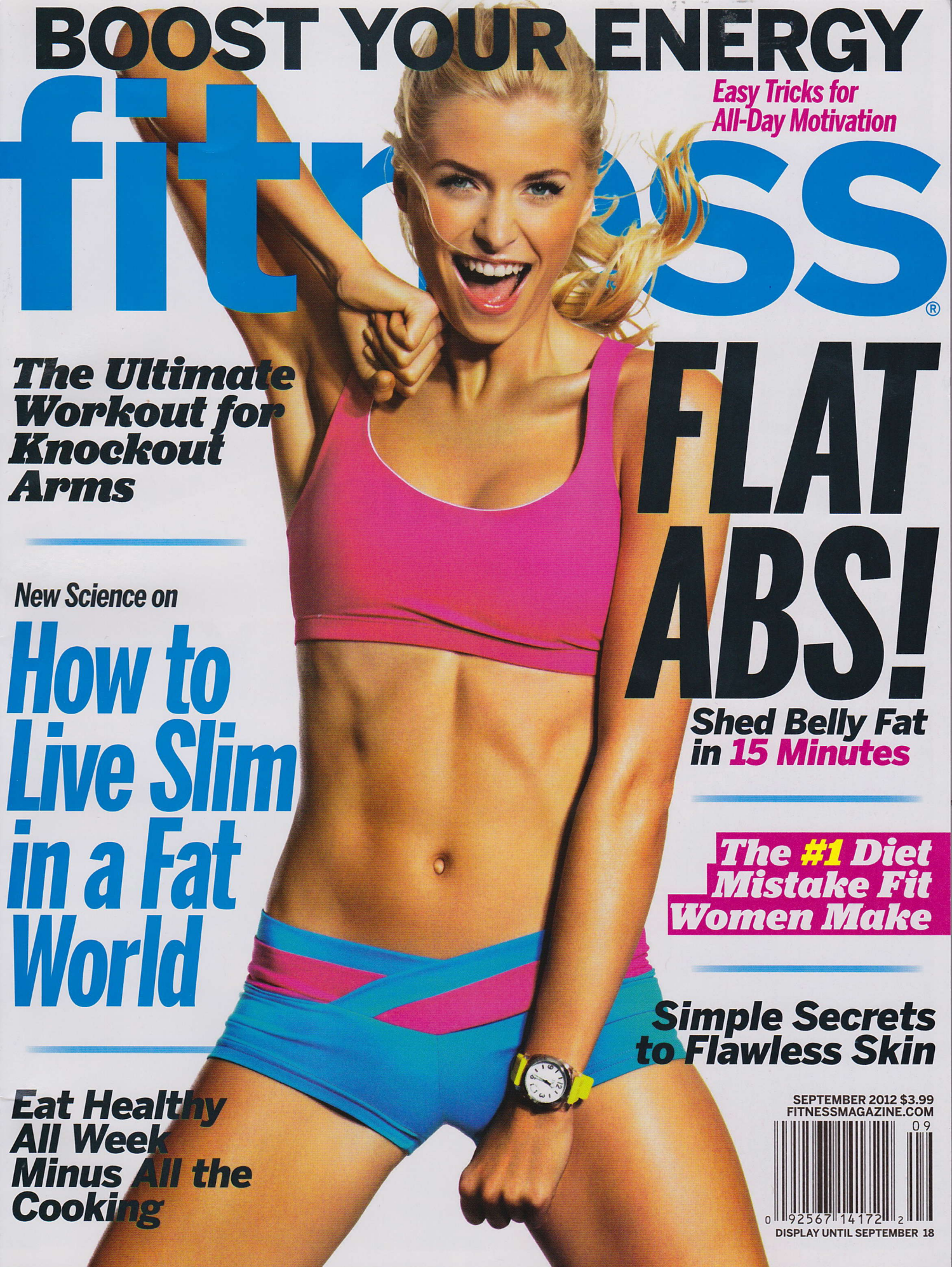


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Patty Svelte

This flavor-packed burger has about half the fat of the fast-food version—even with the cheddar and chips!

Recipe adapted from *Ten Dollar Dinners* by Melissa d'Arabian (Clarkson Potter, \$25)

Make these burgers for just **\$1.13** apiece!

Black Bean "Nacho" Burgers

Makes: 4 burgers

Prep time: 25 minutes, plus 30 minutes chilling

Cook time: 12 minutes

- 1 15-ounce can black beans, drained and rinsed
- ½ cup finely crushed tortilla chips (preferably blue corn)
- ⅓ cup salsa, plus additional for serving
- ½ cup 50% reduced-fat grated cheddar
- 1 large egg, lightly beaten
- 1 scallion, white and green part, finely chopped
- ¼ teaspoon black pepper
- 4 hamburger buns

- 2 teaspoons vegetable oil
- 4 butter lettuce leaves (optional)

1. Use a food processor or a potato masher to smash beans until chunky, leaving some partly whole. Stir in crushed chips, salsa, cheddar, egg, scallion and black pepper. Set mixture aside 10 minutes, then shape into 4 patties.
2. Place patties on a plate, cover with plastic wrap and refrigerate at least 30 minutes or overnight.
3. Preheat the oven to 350°. Place buns on a baking sheet and heat in oven until warm to the touch, 4 to 6 minutes.
4. Meanwhile, heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add patties to pan and cook until golden brown on one side, 4 to 5 minutes. Add remaining oil, flip patties and cook until underside is golden, 4 to 5 minutes. Remove from heat and serve topped with salsa and lettuce, if desired, on buns.

Nutrition facts per burger:

342 calories, 18 g protein, 48 g carbohydrate, 11 g fat (2.8 g saturated), 7 g fiber, 845 mg sodium

