

## BLACK BEAN AND PEPPER JACK BURGERS

*(from Fine Cooking Magazine)*

1/2 cup rolled oats  
1 15.5-oz. can black beans, rinsed and drained  
1 large egg  
1 tsp. ground cumin  
Kosher salt  
2 oz. finely grated pepper Jack cheese (1/2 cup)  
1 large scallion, minced  
2 Tbs. chopped fresh cilantro  
1 Tbs. olive oil; more for the plate  
4 whole-wheat hamburger buns, toasted  
Jarred salsa, for serving  
Sliced avocado, for serving

Put the oats in a food processor and pulse three times to roughly chop. Add half of the beans and pulse into a coarse paste, about 6 pulses. Add the egg, cumin, and 1/2 tsp. salt and process to mix well, about 1 minute. Transfer the bean mixture to a large bowl. Stir in the remaining beans, the cheese, scallion, and cilantro.

With wet hands, form the bean mixture into four 1/2-inch-thick patties and transfer to a lightly oiled plate. Refrigerate for 10 to 15 minutes to let the burgers set up.

Heat a large heavy-duty skillet (preferably cast iron) on high heat until very hot; add the oil and swirl the pan to coat the bottom. Cook the burgers until browned, with a good crust, 2 to 3 minutes; then carefully flip and cook, flipping again if necessary, until the burgers feel firm when pressed with a fingertip, another 3 to 5 minutes. Serve the burgers in the buns, topped with the salsa and avocado.