

TERIYAKI BLACK BEAN BURGER WITH CUCUMBER CARROT SLAW ON BRIOCHE

MAKES 4: SERVING SIZE: 1 SANDWICH

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INGREDIENTS

4 oz cucumbers, peeled, julienne-sliced
4 oz carrots, fresh, julienne-sliced
1 Tbsp + 1 tsp cilantro, fresh, chopped
2 Tbsp + 2 tsp rice, wine vinegar
1 Tbsp + 1 tsp ginger root, fresh, minced

4 oz romaine lettuce, chopped
2 oz teriyaki sauce
4 oz tomatoes, fresh sliced
4 bun, brioche

4 oz. meatless black bean burger

DIRECTIONS

1. Cook black bean burger in a 350F degree oven for 10 minutes or until internal temperature reaches 165 degrees.
2. In a mixing bowl combine cucumbers, carrots, cilantro, rice wine vinegar and ginger.
3. On each bun, place 1 oz of lettuce, 1 oz tomato, 1 black bean burger, 2 oz cucumber carrot salad and ½ oz teriyaki sauce

Amount per serving: **Calories 430**, **Total Fat 11g**, Sat. Fat 2g, **Sodium 1300mg**, **Total Carbs. 61g**, Fiber 8g, **Protein 24g**

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