

# VITAMIN

Vital health information in a minute



## BLACK BEAN & CHARRED CORN SLIDERS

These black bean & charred corn sliders are proof that veggie burgers can be extremely delicious and healthy. Try them out!

### Ingredients:

- › 6 slider buns, toasted
- › 6 black bean patties (see recipe)
- › 1 cup chopped lettuce
- › ½ cucumber, thinly sliced
- › ¼ cup pickled shallot (or sliced red onion)
- › 6 tablespoons chipotle yogurt (see recipe)

### Directions:

Place lettuce on bottom of bun, followed by shallots, cucumber, warm patty and then yogurt. Add top bun.

### Ingredients (Burger):

- › 1 can black beans
- › 1 ear of corn, removed from cob
- › 1 chipotle pepper, chopped
- › 12 cilantro leaves, chopped
- › 1 garlic clove, minced
- › 2 tablespoons shallot, minced
- › 1 teaspoon smoked paprika
- › 1 teaspoon cumin
- › ½ teaspoon cayenne pepper
- › ½ teaspoon kosher salt
- › 1 egg, whipped (can be omitted)
- › ½ cup quick oats
- › 1 tablespoon olive oil

### Directions:

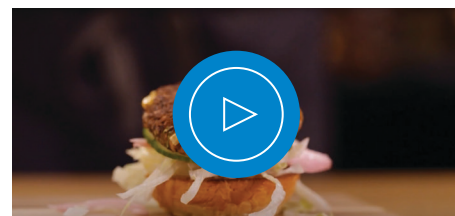
In a food processor, puree beans until almost fully smooth. Combine all ingredients and form into 2-ounce patties. Sear patties in olive oil over medium heat until golden brown.

### Ingredients (Chipotle Yogurt):

- › ¼ cup yogurt
- › 2 tablespoons chipotle
- › 1 pinch kosher salt

### Directions:

Combine all ingredients.



[Click here to watch a video of this recipe being made.](#)

Together, all the way.®



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