



My Plate for Vegetarians

Black Bean & Red Pepper Veggie Burgers

Ingredients

- 15 oz. black beans, 1 can, drained and rinsed
- ½ cup jarred roasted red pepper, finely chopped
- 1 clove garlic, minced
- ¼ teaspoon cayenne pepper
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ cup cornmeal

Preparation

1. Preheat oven to 375°F (190°C).
2. In a large bowl, microwave black beans for 1 minute, or until softened.
3. Add roasted red peppers, garlic, cayenne, cumin, and salt. Mash until black beans are finely mashed.
4. Add cornmeal and mix until thoroughly combined.
5. Using a ½ cup (120 ml) measuring cup, portion 5 patties from the mixture. Place onto a lightly greased parchment paper-lined sheet pan.
6. Bake for 30 minutes, or until firm and browned, flipping over halfway through.
7. Serve burgers with your favorite fixings.



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Vegetarian diets can meet all the nutrient requirements for children when planned properly. If you're following a vegetarian diet, the key is to incorporate a wide variety of foods including foods from all 5 of the food groups: Fruits, vegetables, whole grains, protein, and dairy.

Protein: Vegetarians get enough protein from this group as long as the variety and amounts of foods selected are adequate. Protein sources from the Protein Foods Group for vegetarians include eggs (for ovo-vegetarians), legumes, beans and peas, nuts/nut butters (if not allergic), seeds, and soy products (tofu, tempeh, veggie burgers).

Fruits & Vegetables: play a crucial role in any diet, but variety is key. One way to encourage children to eat more fruits and vegetables is by making it fun for them. Allow your child to participate in preparation of a new item and they'll be more likely to try it.

Whole Grains: Whole grains help provide adequate fiber in the diet. Fiber is important in providing the feeling of fullness and for regular bowel movements.

Dairy: Calcium helps children maintain strong bones at a young age. Children not consuming dairy products should consider other dairy alternatives. Calcium-fortified soymilks provide just about as much calcium as cow's milk.

What your plate should look like:

- Make half your plate fruits & vegetables
- Choose bright colored vegetables
- Make at least half your grains whole grains
- Vary your protein food choices
- Choose calcium-rich foods

Tips to incorporate more vegetarian options at meals:

- Add veggies to pizza or lasagna
- Make a tofu-vegetable stir fry or Chow Mein
- Vegetable kabobs
- Bean burritos or tacos
- Veggie or black bean burgers (see recipe idea to the left)