

# Oat and Bean Veggie Burgers

## Ingredients

- 1/2 cup CHEETOS® Crunchy Cheese Flavored Snacks, crushed
- 3/4 cup oats
- 2 garlic cloves, minced
- 1/2 cup onion, finely diced
- 1/4 cup black pepper
- 1 tablespoon canola oil
- 1(15 oz.) can northern beans, drained, rinsed and mashed
- 1(4.5 oz.) can chopped green chilies
- 2 tablespoons plain non-fat Greek yogurt
- 2 teaspoons lemon juice
- 1/4 teaspoon black pepper
- 6 whole wheat hamburger buns

## How to make it

1. Add oats to large skillet over medium heat; toast for 3 minutes, stirring frequently.
2. Remove oats from heat; add to a large mixing bowl.
3. Add 1 teaspoon canola oil to same skillet over medium heat.
4. Sauté onion and garlic for 3 minutes; remove from heat, and add to mixing bowl with oats.
5. Add CHEETOS®, beans, chilies, yogurt, lemon juice and pepper to mixing bowl; mix together.
6. Form six 3-inch burgers using your hands.
7. Add 2 teaspoons canola oil to skillet over medium heat; cook burgers for 4 minutes.
8. Flip burgers; cook 3 minutes.
9. Remove burgers from skillet; serve on bun.



PREP  
TIME  
30 min



COOK  
TIME  
13 min



TOTAL  
TIME  
-



SERVING  
-

## Made with