

## Harvest Salad

Adapted from <https://www.chelseasmessyapron.com/roasted-sweet-potato-and-wild-rice-salad/>

### Ingredients:

3 cups (~2) medium sweet potatoes, chopped and roasted  
1 package (4.3 ounces) Long Grain and Wild Rice Mix, prepared  
1 large apple, sliced  
1 ripe avocado, sliced  
1/2 cup dried cranberries  
1/2 cup sliced almonds  
8-10 ounces mixed greens lettuce I use a 50/50 blend spinach & spring mix leaves  
Crumbled Goat Cheese or Feta

### Lemon Balsamic Dressing

2 and 1/2 tablespoons freshly squeezed lemon juice  
1/2 teaspoon lemon zest  
1/4 teaspoon onion powder  
3 tablespoons balsamic vinegar  
1 tablespoon Dijon mustard  
1 teaspoon minced garlic  
1/2 cup olive oil  
Salt and pepper

### Instructions:

Prepare dressing by mixing all ingredients together. Top mixed greens with all other toppings and desired amount of dressing.

## Black Bean Burgers

Adapted from <http://thepioneerwoman.com/cooking/black-bean-burger/>

### Ingredients:

2 cans (14.5 oz.) black beans  
1 cup bread crumbs  
¼ cup grated (or finely chopped) white onion  
1 ½ tsp cumin  
1 tsp chili powder  
¼ tsp onion powder  
½ tsp garlic powder  
¼ tsp paprika  
½ tsp hot sauce (optional)  
1 egg  
Salt and pepper  
Desired toppings (cheese, lettuce, tomato, ketchup, etc.)  
Buns

### Instructions:

Drain, but do not rinse, the black beans. Mash black beans with fork until mostly broken up (a few whole bean pieces will be okay). Add the breadcrumbs, onion, egg, and seasonings. Stir until everything is combined, then let the mixture sit for 5 minutes.

Heat 1-2 tbsp olive oil in a skillet over medium-low heat or preheat grill and brush on grill grates. Form the bean mixture into 6-8 patties. Place the patties in the skillet and cook them about 5 minutes on the first side. Flip them to the other side and continue cooking them for another 5 minutes, or until the burgers are heated through. Inside temperature should reach 160 degrees. Serve immediately with desired toppings.