Black Bean Oat Burgers

1 (19 oz.) can black beans, drained and rinsed

1 ½ cup diced mushrooms

½ cup plain rolled oats

2 cloves garlic, chopped

1 egg, lightly beaten

1 Tbsp. cumin

¼ tsp ground black pepper

2 tsp vegetable oil

6 (100% whole grain) buns

6 Tbsp. spicy mustard, optional

1 tomato, sliced

1 cup baby spinach

Preheat grill to medium. Place half the beans in a food processor or blender along with mushrooms, oats, garlic, egg, cumin and pepper. Process until well mixed. Add remaining beans and pulse the machine until they’re combined into the mixture.

Form into patties or use a mold then coat each with vegetable oil. Grill for 3-4 minutes per side or until browned. Toast buns for 2 minutes. Serve burgers on toasted buns with mustard, tomato and spinach on top.