



Monterey Black Bean Burger



Yield

1 – Sandwiches

Nutritional Information

Calories – 340
 Carbs – 46g
 Protein – 20g
 Fat – 11g
 Sat. Fat – 11g
 Sodium – 680mg
 Fiber – 10g

Preparation Information

Yield

4 Sandwiches

Description	Prep Technique	Quantity	Unit of Measure
Spread – Ranch, BBQ		1-1/3	ounce
Salad – Cole Slaw, Avocado & Cilantro	Cold	6-3/8	Ounce
Spicy Black Bean Burger, 3.25 Oz		4	Patties
Hamburger Bun, 100% Whole Wheat 4 in.		4	Buns
Lettuce – Leaf, Green		4	Leaves
Tomatoes – Plum, Fresh	Sliced 1/4"	4-3/4	Ounce

Preparation

1. Prepare BBQ Ranch Spread and Avocado Cilantro Slaw according to recipes.
2. Preheat grill to 350 degree F. Lightly spray with vegetable oil spray (not listed).
3. Place black bean burger on grill. Cook for 2 minutes. Turn. Cook for another 2 minutes or until heated through. Minimum internal temperature should be 140 degrees F. or above.
4. Spread 1 tsp. BBQ Ranch Sauce onto each heel and crown of bun.
5. Place 1 spicy black bean burger. Top with 1 lettuce leaf and 2 slices tomato.
6. Evenly spread (1- 1/2 oz.) avocado and cilantro cole slaw over tomato.
7. Place crown of bun on sandwich to close.



Ranch Dressing



Preparation Information

Yield

1 – 1/3 Ounces

Description	Prep Technique	Quantity	Unit of Measure
Mayonnaise, Low Calorie, No Cholesterol		5/8	Ounce
Ricotta Cheese, Part-Skim		5/8	Ounce
Buttermilk, 1% Low-fat		1-3/4	Teaspoon
Parsley – Fresh	Chopped	2/3	Teaspoon
Onion Powder		1/8	Teaspoon
Garlic, Granulated		1/8	Teaspoon
Dill Weed, Fresh		1/8	Teaspoon
Pepper – Black, Ground		Pinch	
Lemon Juice, Fresh, Pasteurized		1/8	Teaspoon
Parmesan Cheese, Grated		1/8	Teaspoon

Preparation

1. Combine all ingredients until well-blended.
2. Hold refrigerated at internal temperature of 40 degrees F. or below for use.



BBQ Ranch Spread



Preparation Information

Yield

1 – 1/3 Ounces

Description	Quantity	Unit of Measure
Spread – Ranch Dressing	1-1/3	Teaspoon
Sauce – Barbecue Sauce	1-1/3	Teaspoon

Preparation

1. Prepare Ranch Spread according to recipe.
2. Combine all ingredients (Barbecue Sauce and Ranch Dressing Spread) until well-blended. Hold refrigerated at internal temperature of 40 degrees F. or below for use.



Avocado Cilantro Dressing



Preparation Information

Yield

2-7/8 – ounces

Description	Prep Technique	Quantity	Unit of Measure
Avocado, Fresh		1-1/8	Ounce
Plain Yogurt, Non Fat, Bulk		1-5/8	Teaspoon
Cilantro, Fresh	Chopped	1/4	Ounce
Lemon Juice, Fresh, Pasteurized		2	Teaspoon
Lemon Rind, Grated, Fresh		1	Teaspoon
Pepper – Black, Ground		1/8	Teaspoon

Preparation

1. In a food processor or blender, add all ingredients. Process until smooth.
2. Hold refrigerated at internal temperature of 40 degrees F. or below for use.



Avocado Cilantro Slaw



Preparation Information

Yield

1-3/8 – Cup

Description	Prep Technique	Quantity	Unit of Measure
Dressing – Avocado & Cilantro		2-7/8	Ounce
Cabbage – Green, Fresh	Julienne 1/8"	2-1/4	Ounce
Carrots – Fresh	Julienne 1/8"	1-5/8	Ounce

Preparation

1. Prepare Avocado Cilantro Dressing according to recipe.
2. Place cabbage and carrots in a large mixing bowl.
3. Add dressing. Toss to coat evenly. Hold refrigerated at internal temperature of 40 degrees F. or below for use.