

COD, WHITE BEAN, ARTICHOKE BLENDED BURGER, GREEK YOGURT TARTAR SAUCE FIT

Serving size: 1 each

Makes 4 servings

BLENDED COD BURGER

- ½ cup Navy Beans, dry
- 8 oz Cod Fillet
- 1 ½ tsp Canola Oil
- 1/8 tsp Salt
- 1/8 tsp Black Pepper
- ½ cup Artichoke Hearts, canned, chopped
- 1 oz Egg, beaten
- 1/3 cup Breadcrumbs
- 1/2 tsp Lemon Juice
- ¾ tsp Lemon Zest

TARTAR SAUCE

- 1 TBSP Dill Weed, fresh, chopped
- 1/3 cup Greek Yogurt
- 1/8 tsp Black Pepper
- 1 TBSP Dill Pickles, chopped
- 1 TBSP Capers, chopped
- 1 tsp Lemon Juice

BURGER

- 1 cup Arugula
- 1 ½ tsp Lemon Juice
- 1 ½ tsp Olive Oil
- 4 each Whole Wheat Hamburger Bun

Preparation:

1. Soak dry navy beans overnight in enough cold water to cover.
2. After soaking, drain water from beans. Add beans to pot with enough water to cover. Bring to a boil and cook until tender, about 1 hour. Drain excess water.
3. Mash or use a food processor to mash about 75% of beans. Mix in the remaining whole beans.
4. Meanwhile, place cod fillet on a sheet pan. Drizzle with oil, sprinkle with salt and pepper. Bake in a 350°F oven until cooked to internal temperature of 145°F, about 10-15 minutes. Flake cod and let cool.
5. In a bowl, combine beans, flaked cod, artichokes, egg, breadcrumbs, ½ tsp lemon juice, and lemon zest. Mix evenly. Form into 4 oz patties.
6. Sear patties on each side until an internal temperature of 155°F is reached.
7. Meanwhile, in a bowl, whisk together dill, Greek yogurt, black pepper, dill pickles, capers, and 1 tsp lemon juice.
8. In another bowl, toss together arugula, 1 ½ tsp lemon juice, and 1 ½ tsp olive oil.
9. To assemble burger: On each whole wheat bun, layer 1 cod/bean patty, 2 TBSP Greek yogurt tartar sauce, and ¼ cup dressed arugula.



Scan Here
For Recipe

NUTRITION FACTS PER SERVING

calories	380
total fat (g)	8.5
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	600
total carbohydrate (g)	51
dietary fiber (g)	8
sugar (g)	5
protein (g)	24