

## Quinoa/Black Bean Sliders

### Ingredients:

- 1-15 oz can black beans, drained and rinsed
- 1 lime, juiced
- 2 T onion, diced
- 1 medium Jalapeño, seeds removed and diced
- 1 clove garlic, minced or chopped
- 1-1/2 tsp salt
- 1-1/2 cups cooked quinoa

### Tomato Corn Salsa:

- 1/4 cup sweet corn kernels
- 1/4 cup cherry tomatoes, diced
- 1/2 of a Jalapeño pepper, seeds removed and diced
- 1/2 lime, for juicing
- 2 tsp fresh cilantro, chopped
- S and P

### Sriracha Mayo

- 2 T mayo
- 2 T catsup
- 2 tsp Sriracha

### Directions:

**Sliders:** In a food processor puree beans, lime juice, chopped onion, Jalapeño, garlic, and salt until smooth. Transfer to another bowl, add cooled and cooked quinoa. Mix until well blended. Set aside.

**Salsa:** Combine all ingredients; adjust lime juice and salt to your preference.

**Spicy Mayo:** in small bowl, combine and mix ingredients.

**Cooking sliders:** Form the sliders using 1/4 cup amounts of quinoa-mix. Shape into round patties. Cook in hot oiled non-stick pan; 4-6 minutes each side.

**Build your sliders:** On slider buns, place the cooked slider, top with spicy mayo and salsa. Enjoy!

**Bon Appétit!**

TASTY  
TUESDAY



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