

RECIPE

Black Bean & Roasted Veggie Burgers



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These burgers take a little time in the kitchen, but definitely worth the effort.
And given the current cost of commercial veggie burgers, your budget will thank you!

*The information provided here is for educational purposes only and is not intended as medical advice.
Always consult with a qualified healthcare professional before making any changes to your diet or lifestyle.*

FCS focus

Ingredients:

One 15 oz can black beans, rinse and drain well

One large red pepper, cleaned and quartered

One half yellow onion, sliced

½ cup instant oatmeal

¼ cup 100% whole wheat Kikkoman® Panko Flakes (if needed to thicken burger mixture)

¼ teaspoon each of paprika, onion powder, garlic powder and salt

Pepper to taste

1-2 egg whites

Whole wheat burger buns

Fat-free cheese slices, optional

Garnishes such as tomatoes, lettuce, and pickles are all great fat-free options.

1

**Steps:**

- Preheat oven to 450 degrees.
- Line a baking pan with nonstick aluminum foil.
- Place onions and red pepper slices on foil.
- Bake for 15-25 minutes, until charred.

2



- Place onions and peppers into food processor or blender and blend with spices and oatmeal.
- Add half the beans and blend. Allow heat to dissipate before adding egg white. Then add egg whites and blend thoroughly.
- Add rest of beans and pulse slightly. If wet, remove from blender or food processor and add additional breadcrumbs until mixture can be formed into patties

3



- Form into four patties and dry fry on a nonstick saute pan until brown on both sides. Top with fat free cheese if desired (or regular cheese for friends).
- Enjoy on a whole wheat burger bun with your choice of veggies and fat-free or condiments.

Recipe idea provided by Lindsey Bryans, formerly Sutton, FCS Foundation Co-President.
Quantified/tested by Mary Felando, MS, RDN, CLS, FNLA.

Notes:

NUTRITIONAL ANALYSIS PER SERVING:

Serving Size: one patty

Calories: 161 Total Fat: 1 gram Cholesterol: 0 mg Sodium: 407 mg Total Carb: 29 g Fiber: 6 grams Added Sugar: 0 Protein: 9 grams

RECIPE

Zesty Three-Bean Salad



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Try this recipe for your next potluck BBQ. It's sure to be a hit. Make the salad a day ahead for better flavor and serve it at room temp or slightly chilled. Add your own favorites, if desired, such as chopped cucumber, corn, pasta, and/or fat free feta cheese.

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Ingredients:

Three 15 oz cans of beans (Black, Kidney, Cannellini, Garbanzo, or other of your choice). Rinsed and drained.

½ medium red onion, minced (about ½ cup)

2-4 ribs of celery, chopped (about 1-1½ cups)

¼ cup Italian flat leaf parsley, chopped

2 teaspoons dried Italian seasoning

½ cup apple cider vinegar

5-6 packets of Truvia Sweet Complete® granulated sugar, or other sugar substitute to equal 2 tablespoons sugar

1 teaspoon salt

½ teaspoon black pepper

1

**Steps:**

- Place beans, onion, celery, parsley and Italian seasonings into a serving bowl.

2



- In a smaller bowl, mix dressing...vinegar, Truvia®, salt and pepper.
- Pour this dressing over the bean mixture and mix well to coat.

3



- Refrigerate for several hours or overnight.
- Makes 12 ½ cup servings.

Recipe developed by Mary Felando, MS, RDN, CLS, FNLA. April 2023.

Notes:

NUTRITIONAL ANALYSIS PER SERVING:

Serving Size: 1/2 Cup

**Calories: 122 • Total Fat: 0.5 grams • Cholesterol: 0 mg
Sodium: 242 mg • Carbohydrate: 27 grams • Fiber: 4 g
Added Sugar: 0 • Protein: 3.4 grams**

RECIPE

Summer Peach Crisp



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Everyone will love this summer dessert, even though it is made with 100% whole grains, contains no added sugars and has only 1 gram of total fat. Keep that good news to yourself! If fresh peaches are not available, use frozen peaches.

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Ingredients:

6 large peaches (or 30 oz equivalent of frozen no sugar added sliced peaches)
Peeled and sliced.

$\frac{1}{3}$ cup Truvia Sweet Complete® brown sugar

1 cup Kodiak® Cakes Buttermilk Power Cakes Flapjack and Waffle Mix

$\frac{1}{2}$ cup rolled oats (such as Quaker® Oats Quick 1-Minute Oats)

1 cup Truvia Sweet Complete® granulated sugar

$\frac{1}{2}$ teaspoon cinnamon

1-2 egg whites

2 tablespoons water

Non-stick cooking spray

1

**Steps:**

- Preheat oven to 350 degrees.
- In a small bowl, mix peaches and brown sugar.
- Place peach mixture in the bottom of an 8" by 8" glass baking dish, prepared with nonstick cooking spray.

2



- Prepare topping in a bowl by mixing together Kodiak® Cakes mix, oats, Truvia Sweet Complete® sugar, and cinnamon.
- In another bowl, beat the egg white and water with a fork and mix into above mixture, blending as much as possible. Mixture will be pretty dry.
- Sprinkle over peaches.

3



- Bake for 45-50 minutes.
- Cool slightly and serve.
- Refrigerate leftovers. Topping will become hard but will soften when microwaved and served slightly warm.

Recipe developed by Mary Felando, MS, RDN, CLS, FNLA.

Notes:

NUTRITIONAL ANALYSIS PER SERVING:

Serving Size 1/9th piece

Calories: 101 • Total Fat: 1 gram • Cholesterol: 2 mg
Sodium: 106 mg • Carbohydrates: 18 grams • Fiber: 3 g
Added Sugar: 1 gram • Protein: 5 grams

RECIPE

Festive Fresh Fruit Trifle

BONUS RECIPE



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This dessert is perfect for any summer celebration. Use seasonal fresh fruits which are at the height of their flavor. If you don't have a "trifle" bowl, improvise with any clear bowl. And if fresh fruit is not readily available, frozen (thawed) is just fine.

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Ingredients:

8 oz prepared Angel Food Cake (often found in the produce section during strawberry season)

32 oz Dannon Light + Fit® Vanilla Yogurt (or use your own favorite low sugar and fat-free yogurt)

3 cups sliced fresh strawberries

2 cups blueberries or blackberries

1 cup sliced peaches

One large banana, sliced

Granola topping (optional)

1

**Steps:**

- Break up half of the angel food cake into chunks and place into the bottom of the bowl.
- Sprinkle one third of the fruit over the chunks and try to place some nice pieces around the inside of the glass.
- Spread half of the yogurt over the fruit.

2



- Repeat the rest of the angel food cake chunks.
- Repeat with fruit pieces, saving some for the top of the trifle.
- Spread the rest of the yogurt over the fruit.

3



- Top with strawberries.
- Serve with granola for non-FCS eaters.

Recipe developed by Mary Felando. May 2023.

Notes:

NUTRITIONAL ANALYSIS PER SERVING:

Serving Size: 1/10 trifle

Calories: 142 • Total Fat: 0.3 g • Cholesterol: 0 mg

Sodium: 228 mg • Carbohydrate: 31 g • Fiber: 2 g

Added Sugar: 10 g • Protein: 4 g

RECIPE

Yam 'Un'fries



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The smoked paprika makes this “unfry” seasoning very special!

FCS focus

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Ingredients:

Two yams (or sweet potatoes), peeled and cut into ½" x ½" slices

Seasoning:

1 teaspoon onion powder
 ¾ teaspoon garlic powder
 ½ teaspoon chili powder
 ½ teaspoon smoked paprika
 ½ teaspoon salt
 ⅛ teaspoon ground red pepper, optional

1

**Steps:**

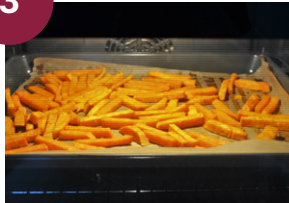
- Follow directions accompanying your air fryer for air frying potatoes.
- Add seasoning as directed.
- If oven frying, preheat oven to 450 and line a baking sheet with nonstick aluminum foil.

2



- Place potatoes on foil and spray for 5 seconds with nonstick spray.

3



- Bake for about 10-15 minutes and turn over.
- Sprinkle with seasoning and bake an additional 10 minutes, until brown.

Recipe by Mary Felando. May 2023.

Notes:

NUTRITIONAL ANALYSIS PER SERVING:

Serving Size: 1 cup

*Depends on size of the yam, which is naturally fat-free.
 Seasoning is fat-free.*