



Red Hot Black Bean Burger Dogs

Add all the trimmings – like mustard, tomatoes, lettuce, pickles

1 Tablespoon olive oil
1/2 cup chopped onion
1/2 cup chopped mushrooms
1 garlic clove, minced

1 cup quick or old fashion oats
1/2 cup chopped walnuts
1/4 teaspoon turmeric
1 (15,5 oz.) can seasoned black beans, drained
1 Tablespoon honey
1 Tablespoon ground flaxseeds
2 Tablespoons tahini
1 teaspoon lemon juice
1 Tablespoon nutritional yeast
1 Tablespoon chopped parsley
1 teaspoon white miso
1/4 teaspoon ground black pepper

Red Hot Pepper Relish Sauce

1 cup roasted red peppers, well drained
Liquid from can of black beans
1/4 cup hot or savory red pepper relish

Ingredients for Burger Dogs

6 slit whole wheat or white hot dog buns
Lettuce leaves as desired
Prepared Coleslaw as desired
Mustard or Honey mustard
Sliced pickles; sliced grape tomatoes

Place oil in hot 10-inch nonstick skillet. Sauté onions and mushrooms until softened; add garlic; cook for 1 to 2 minutes. Set aside to cool.

In food processor, process to fine chop oats, walnuts, and turmeric. Add onion mixture, drained black beans, honey, flaxseeds, and tahini; pulse to combine. Add all remaining ingredients; mix to combine into burger consistency.

Preheat oven to 375 degrees F.

Divide into 6 portions; mold each portion into about 4-1/2 inch hot dog shape. Line baking sheet with silicone sheet or parchment paper. Place burger dogs on baking sheet.

Bake in preheated 375 degree F oven for 25 minutes; turning them over once during baking until firm and browned.

Red Hot Pepper Relish Sauce: Place roasted red peppers and liquid from the can of black beans into food process; puree on high speed for about 5 minutes until coarse sauce forms. Stir in red pepper relish. Set aside.

Prepared Burger Dogs:

Place small lettuce leaf on each toasted bun; top with coleslaw as desired; place a burger dog on top; spoon warm red hot pepper relish sauce over "dogs." Garnish the sandwich with your favorite mustard, halved grape tomatoes, and pickle slices. Yield: 6 Burger Dogs

About the Recipe: It's a healthy way to have hot dogs. Full of flavor black beans are mixed with sautéed onions, mushrooms, and enhanced with the most nutritious additions. Placed on whole wheat hot dog buns covered with crisp lettuce, the "dogs" are smothered with a simple red pepper relish sauce and garnished with mustard, pickles, and even tomatoes. What a great way to stay healthy!