

Sweet Potato Black Bean Cakes

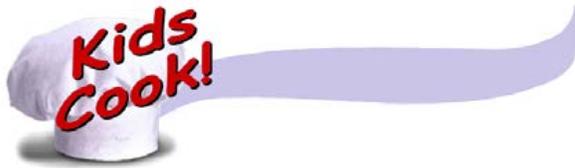
Ingredients:

1-2 large sweet potatoes, to yield 2 cups mashed
1-14 oz. can low sodium black beans, rinsed and drained
1 cup cooked quinoa
3 green onions, finely sliced, optional
½ cup almond meal
1 t ground cumin
1 t paprika
½ t salt
¼ t black pepper
¼ t garlic powder
1 T oil
1 avocado, sliced, for garnish
A few snipped cilantro leaves, for garnish
Whole wheat buns and tomato slices, optional garnish

Scrub and wash the sweet potato. Pierce the skin on all sides several times with the tip of a knife. Set on a damp paper towel and microwave for 7-8 minutes until soft. Slice in half the long way and set aside to cool.*

Put half of the black beans into a large mixing bowl and pulse the other half of the beans in a food processor to make a paste. Alternatively, mash half the beans by hand with a fork or potato masher. Add the quinoa, onions if using, almond meal, cumin, paprika, salt, pepper and garlic powder to the mixing bowl with the beans and combine gently. Gently stir in the black bean paste. Scoop the cooled sweet potato flesh from the skin into the black bean mixture and gently combine. Taste and adjust seasonings.

Scoop by medium spoonfuls and, using a fork, form into cakes about 2 inches across and 1 inch high, scoring the top and sides. Press together firmly, but gently. Heat a tablespoon of oil in a large skillet over medium high heat until the oil shimmers. Cook the cakes for 3-5 minutes until crispy, then flip and cook the other side until crispy. To serve, garnish with a slice of avocado and a few snipped cilantro leaves. These can be frozen and reheated. Make 10 cakes.



Optional garnishes: whole wheat slider buns and tomato slices.

***Variation:** You may also preheat the oven to 400 degrees and roast the potato, sliced in half long ways and placed cut side down on a parchment or foil lined baking sheet for 30-40 minutes.

Skills: measuring, combining, forming cakes

Equipment: food processor, large skillet

Adapted from recipe submitted by Emilie Street, Little Rock, AR

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Nutrition Facts	
Serving Size 1/10 of recipe 108g (107 g)	
Amount Per Serving	
Calories 154	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 133mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	23%
Sugars 3g	
Protein 7g	
Vitamin A 147%	Vitamin C 16%
Calcium 4%	Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
www.NutritionData.com	

Whole Wheat Bun

Nutrition Facts	
Serving Size 1 Whole Wheat Bun (410 g)	
Servings per container Varies	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
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