

Bean Croquettes

New to legumes? This simple recipe can be made in 20 minutes.

Recipe adapted from Mark Bittman's How to Cook Everything Vegetarian

Makes 4 servings

What you need:

2 cups of canned white or other beans (cannellini, black beans, chickpeas, pinto beans)

½ cup finely diced onion

¼ cup chopped parsley or other herb

1 egg lightly beaten

Salt and pepper to taste

½ cup of coarse cornmeal or bread crumbs

Canola, olive or avocado oil for pan-frying



How you prepare:

1. Add the beans with a splash of water to a food processor or blender and blend until the beans reach a chunky texture.
2. Mix the beans with the onion, herb of your choice, egg, salt and pepper. Add the cornmeal or breadcrumbs 1 tbsp. at a time, until you have made a batter you can shape with your hands without it sticking.
3. Cover the bottom of a skillet with about 1/8 inch of oil and turn on to medium heat. When the oil is hot, put the patties in the skillet and cook until browned on all sides (about 7-8 minutes).

Mexican variation: use black beans and cilantro for your herb. Add in 2 tsp. of ground cumin and a dash of hot sauce in step 2. Serve with salsa.

Asian variation: use adzuki beans; add 1 tbsp. of minced garlic and minced ginger in step 2. Omit the parsley and serve with peanut sauce and sliced cucumbers.

All-American variation: use canned beans in BBQ sauce. Coat the patties with crushed tortilla chips before cooking.

Per serving:

Calories: 188

Carbohydrates: 30.2g

Protein: 11.2g

Fat: 3g

Fibre: 7g

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