

# **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

1/4 cup chopped parsley or other herb

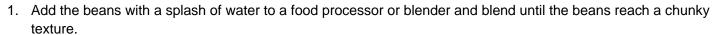
1 egg lightly beaten

Salt and pepper to taste

½ cup of coarse cornmeal or bread crumbs

Canola, olive or avocado oil for pan-frying

## How you prepare:



- 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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