



NUTRITION CONSULTING INC.

Bean Griddlecakes

Serve with fresh chopped tomato cilantro salsa and topped with a dollop of sour cream mixed with a splash of fresh squeezed lemon or lime.

Recipe adapted from Mark Bittman, *How to Cook Everything*

Makes 4 servings

Time: About 30 minutes

What You Need:

- 2 cups cooked or canned beans (any type), drained until as dry as possible
- 1 cup of any milk such as skim/1 percent/2 percent/soy/almond/rice milk
- 1 egg
- 2 Tbsp melted butter, extra virgin olive oil, or neutral oil, like grapeseed or corn, plus more for cooking the griddlecakes
- 1 cup all-purpose flour
- Salt and freshly ground black pepper



How You Prepare:

1. Set a skillet over medium-high heat or heat an electric griddle to 375F. Put the beans in a large bowl and mash them roughly with a fork. Use the fork to stir in the milk, the egg, and 2 Tbsp of the melted butter or oil. Stir until the mixture is thoroughly combined.
2. Add the flour and sprinkle with salt and pepper (keeping in mind how well seasoned the beans were to begin with). Stir with the fork just enough to fold in the flour, adding more half-and-half if necessary to reach the consistency of thick pancake batter.
3. Start cooking when a drop of water dances on the surface of the skillet or griddle. Working in batches, use a little more butter or oil to grease the cooking surface. Spoon on the batter to form 3- or 4-inch pancakes. Cook until bubble form on the surface, then turn and cook the other side until golden, about 4 minutes per side. Keep the finished griddlecakes in a warm oven if you like while you finish the others. Serve hot or at room temperature.

Per serving:

- Calories 338
- Carbohydrates 47.9g
- Protein 14.6g
- Fat 10g
- Dietary Fiber 4.6g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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