

# Spicy Black Bean Cakes



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|--------------|--------------|--------------|
| • Prep       | • Cook       | • Ready In   |
| • 20 minutes | • 15 minutes | • 35 minutes |

Keep your family happy with this Spicy Black Bean Cake recipe! Enjoy a quick and easy meal that everyone will love. Pair it with a nutritious salad for a great meal!

## INGREDIENTS:

### Lime Sour Cream:

- 1/2 cup reduced fat sour cream
- 2 teaspoons fresh lime juice
- 1 small fresh jalapeno pepper, minced
- salt to taste

### Bean Cakes:

- 2 tablespoons olive oil, divided
- 4 green onions, thinly sliced
- 6 cloves garlic, pressed
- 2 fresh jalapeno peppers, finely diced
- 1 tablespoon ground cumin
- 2 (14.5 ounce) cans black beans, drained and rinsed
- salt and black pepper to taste
- 2 cups grated raw sweet potato
- 1 egg, lightly beaten

- 1/2 cup plain dried bread crumbs

## **DIRECTIONS:**

1. To prepare lime sour cream, mix the sour cream, lime juice, 1 small minced jalapeno, and salt together in a small bowl. Cover, and refrigerate.
2. Heat 1 tablespoon olive oil in a small skillet over medium heat. Cook green onions until softened, about 1 minute. Stir in garlic, 2 diced jalapenos, and cumin; cook until fragrant, about 30 seconds.
3. Transfer contents of skillet to a large bowl. Stir in black beans, and mash with a fork. Season with salt and pepper to taste. Mix in sweet potatoes, egg, and bread crumbs. Divide into 8 balls, and flatten into patties.
4. In the oven, set cooking rack about 4 inches from heat source. Set oven to broil. Lightly grease baking sheet with 1 tablespoon oil.
5. Place bean patties on baking sheet, and broil 8 to 10 minutes. Turn cakes over, and broil until crispy, about 3 minutes more. Serve with lime sour cream.

*Recipe By:*CHRISTINA5362

"These baked black bean cakes are easy to make and less fat than fried cakes."

## **Nutrition Facts:**

Per Serving: 219 calories; 6.7 g fat; 31.3 g carbohydrates; 9.4 g protein; 29 mg cholesterol; 481 mg sodium