



Black Bean Cakes with Chipotle Sauce

MyPlate2Yours - Lynn Dugan

Ingredients

1 tablespoon olive oil
1/2 cup diced sweet onion
3 cloves garlic, minced
1/2 cup diced red bell pepper
1 teaspoon each: cumin, chili powder
1/2 cup grated sweet potato
1- 15 ounce can black beans, rinsed and drained
1/2 cup whole wheat bread crumbs
1/2 cup milk
Chopped cilantro, as garnish

Directions

Chipotle yogurt sauce: 1 cup whole milk Greek yogurt, 1-2 chopped Chipotle peppers, 1 teaspoon adobo sauce, 1/4 teaspoon cumin. Mix ingredients thoroughly and chill.

Preheat oven to 500 degrees. Heat oil in a medium skillet and sauté onion, bell pepper and garlic for 3 minutes, until onion is translucent. Stir in cumin, chili powder and sweet potato. Heat until spices are fragrant. Remove from heat.

Place beans in a bowl and roughly mash with a large fork or potato masher. Stir in contents of skillet and combine. Sprinkle in bread crumbs and pour in milk. Stir again to combine. Divide mixture in half and make 5 equal cakes from each half. Place on an oiled baking sheet. Spritz top of cakes with oil. Place in middle of oven and bake for 5 minutes until cake tops begin to crisp. Flip and bake 2-3 minutes more (when second side gets crispy). Serve on a platter with a dollop of Chipotle Yogurt Sauce and garnish with cilantro. YUM!

Black Bean Cakes were adapted from Simple Gourmet