



From the Kitchen of Executive Chef Jessica VanRoo

Black Bean Cakes with Fresh Salsa

Serves 4, makes 8 cakes

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Black beans are an excellent source of fiber and non-meat protein, not to mention phosphorus, calcium, magnesium, iron and zinc, all of which enhance bone strength and overall health. Corn is a high fiber starchy vegetable that aids in digestion and has many eye healthy carotenoids. Tomatoes get their rich red color from lycopene, an antioxidant that helps fight many types of cancer, improve eye health, blood pressure and immunity.

Total cost of recipe: \$4.28/ \$1.07 per serving

Ingredients - For Cakes

- 2 15-ounce cans black beans, drained and rinsed (Let kids drain and rinse in a colander.)
- 1 teaspoon ground cumin
- 1 egg
- 1 cup frozen corn kernels, thawed
- ¼ cup oat flour *
- ⅓ cup oat flour in separate container
- ½ teaspoon smoked paprika
- 1 tablespoon extra-virgin olive oil

For Salsa

- 2 cups finely chopped tomatoes
- 2 scallions, chopped
- ¼ cup chopped fresh cilantro (Let kids pick leaves.)
- ½ teaspoon ground cumin
- ½ teaspoon chili powder (optional)
- ½ lime's juice (Let kids juice lime.)
- ¼ teaspoon salt

* To make oatmeal flour, place oats in a food processor and pulse the oats until you get a fine powder. One cup of oats produces one cup of oat flour.



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Instructions

1. Preheat oven to 425°F. (These cakes may also be cooked on the stove.)
2. Line a baking sheet with parchment paper or foil, and coat with cooking spray. (Let kids prep baking sheet with parchment or foil.)
3. In a large bowl, mash beans with cumin until smooth and no whole beans remain. (Let kids mash beans and spice.) Stir in egg, corn and ¼ cup of oat flour and mix well.
4. In a small bowl, mix remaining ⅓ cup oat flour, smoked paprika and oil until the flour is coated with oil. (Let kids mix.)
5. Divide bean mixture into 8 ½-cup balls. Lightly press each bean ball into the oat flour mixture. Place bean balls onto prepared baking sheet.
6. Let kids press bean balls to form patties, then dip each patty in oat mixture and return to baking sheet.
7. Bake the cakes until heated through and golden brown, about 20 minutes, flipping after 10-15 minutes. (To cook on stove, heat the oil in a pan and pan-fry cakes until heated and cooked through.)
8. Serve salsa with the cakes.
9. To make the salsa, combine tomatoes, scallions, cilantro, garlic, cumin, chili powder, lime juice and salt in a mixing bowl. Taste and add more salt as needed. (Let kids mix and taste to adjust seasoning.)