

BLACK BEAN LATKES, ETC.

INGREDIENTS

- ½ Onion (medium-size - chopped)
- 1 T Garlic (chopped)
- 2 cans Black Beans (15 oz) (rinsed & drained)
- 2 T Cilantro (chopped)
- 2t Parsley (chopped)
- 1/4 C Egg substitute **OR** 1 egg
- 1/2 t Red pepper flakes
- 1/2 C Bread Crumbs
- Morton's No-Salt **OR** salt
- Pepper (to taste)
- Healthy Oil
- Non-stick cooking spray

MIXING INSTRUCTIONS

- 1 In a food processor, pulse onion & garlic until finely chopped
- 2 Add 1 can of the black beans, cilantro, parsley, egg substitute **OR** egg & red pepper flakes
- 3 Pulse to combine
- 4 Transfer mix to a large bowl & add the 2nd can of black beans & the bread crumbs
- 5 Season with salt & pepper to taste & mix until well combined

COOKING INSTRUCTION CHOICES

PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting
If the oil 'spits' when you put a drop of water in it then it is ready
- 2 Use a 1/2 cup of mix
- 3 When the bottom seems firm flip them
- 4 When the other side seems firm remove & place on a paper towel with another paper towel on top to blot out the excess oil

BAKING CHOICE # 1

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder space
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 degrees for 60 minutes or until done
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 You can tell if they're done if they feel solid when you push down on the top
- 7 Let them cool completely
- 8 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder

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BAKING CHOICE # 2

- 1** Pre-heat oven to 450
- 2** Using a 1/4 C measuring cup, drop mixture onto baking pan sprayed with non-stick spray
- 3** Flatten latkes slightly & spray with non-stick spray
- 4** Bake uncovered for 10 minutes, or until bottoms are nicely browned & crisp
- 5** Gently flip latkes
- 6** Bake 8 to 10 minutes longer or until at least golden

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