

Black Bean/Quinoa Cakes and Spicy Potatoes

I played with these protein-rich black bean/quinoa cakes for a while before I landed on this delicious version.

Tonight, quinoa cakes are made with black beans, quinoa, red bell pepper and green onions. They're blanketed with a sweet and savory peach/tomato salsa. The cakes are served with spicy, roasted sweet potatoes and a green salad. (You can use canned peaches if you can't find fresh peaches.)

Preparation time: 45 minutes - **Servings:** 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add. Prep 2 cloves of chopped garlic today: 1 for the Quinoa Cakes and 1 for the salsa. There are 2 different onion preps: 3/4 C. chopped green onions for the Quinoa Cakes and 1/2 C. chopped yellow onion for the Salsa.

Roasted Spicy Sweet Potatoes

Spice Mix:

- 1 T. chili powder
- 1/2 tsp. powdered cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. dried oregano leaves
- 1/2 tsp. salt
- 1/2 tsp. granulated sugar

Spicy Sweet Potatoes:

- 2 medium sweet potatoes (scrubbed and cut into fry-like slices)
- 1 T. lemon juice
- 1 tsp. olive oil
- 2 tsp. canola oil (for cookie sheet)

Peach/Tomato Salsa

Quick, Low-sodium Tomato Salsa:

- 1 clove garlic (smashed and chopped)
- 1/2 C. yellow onion (chopped)
- 1 Jalapeño pepper (seeded and finely-chopped)
- 1 Anaheim pepper (seeded and finely-chopped)
- 1/4 C. cilantro leaves (chopped)
- one 15 oz. can no-salt diced tomatoes
- pinch of salt
- juice from one-half lime

Peach/Tomato Salsa:

- 1-1/2 C. fresh peach (peeled/pitted/chopped)
- 3/4 C. low-sodium tomato salsa (from above)

Black Bean/Quinoa Cakes

- 1-1/2 C. cooked quinoa (leftovers or make some)
- 1 C. black beans (drained and rinsed)
- 1/2 C. bread crumbs
- 2 tsp. paprika
- 1/2 tsp. of salt
- 1/2 tsp. black pepper
- 1 clove garlic (smashed and chopped)
- 1/2 C. red bell pepper (finely-chopped)
- 3/4 C. green onions (green stems and white bulbs - chopped)
- 1/3 C. cilantro (chopped)
- 1 egg
- whisked with
- 2 T. nonfat milk
- 1 T. lemon juice
- 1 tsp. Dijon mustard

Green Salad

- 5 leaves leaf lettuce (broken into pieces)
- 6 cherry tomatoes (halved)
- 2 tsp. olive oil
- 2 tsp. balsamic vinegar
- 2 tsp. low-sodium vegetable broth

Dipping Sauce for Potatoes

- 1 T. mayonnaise or Veganaise
- 1 T. catsup

Let's Prepare, Cook, and Plate This!

Preheat oven to 400°.

Basic Assembly Instructions

You'll be baking the spicy sweet potatoes and the quinoa cakes on the same cookie sheet.

Spicy Sweet Potatoes

1. Toss spice mix ingredients in a small bowl until well mixed.
2. Place cut sweet potatoes in a large bowl and toss with lemon juice and olive oil mixture.
3. Add spice mix to bowl and toss until well coated.
4. Transfer to an oiled cookie sheet and set aside.
5. Prepare the quinoa cakes now. (You'll bake the potatoes and the quinoa cakes together.)

Quinoa Cakes

1. Toss all quinoa cake ingredients except egg, milk, lemon juice and mustard in a large bowl.
2. Now whisk egg, milk, lemon juice and mustard together and pour into the quinoa mixture.
3. Toss until well mixed. Press quinoa mixture into a 1/2 C. measure and turn them out onto a large plate. You'll have about 6 cakes. Microwave cakes for 3 minutes.
4. Put potatoes in the preheated oven and set the timer for 5 minutes.
5. When timer sounds, add the quinoa cakes to the cookie sheet with the potatoes. Bake potatoes and quinoa cakes together for 15 minutes. Turn potatoes twice to brown on all sides.

Peach/Tomato Salsa

Low-sodium Tomato Salsa:

Place garlic, onion, peppers and cilantro in a food processor and pulse until finely chopped. Add the diced tomatoes, salt and lime juice. Pulse a few more times to blend well. You'll use 3/4 C. of this salsa tonight. Store remaining salsa in a jar in the fridge.

Peach/Tomato Salsa:

Measure 1/2 C. chopped peaches into a medium-size bowl. Mash well. Add remaining chopped peaches and 3/4 C. of the Low-sodium Tomato Salsa to bowl. Stir.

Green Salad/Dipping Sauce/Plate

1. Using a medium-size bowl, toss lettuce and tomato with oil, vinegar and broth mixture. Divide dressed salad between dinner plates.
2. Mix mayonnaise and catsup in a small bowl.
3. Place 2 quinoa cakes per diner on plates. Spoon 3/4 C. salsa over and around cakes.
4. Divide Spicy Potatoes between plates and spoon dipping-sauce next to potatoes.

What I've Learned from this Recipe

When creating in the kitchen, the chef has to keep an open mind. I tried numerous sauces with these quinoa cakes. Ultimately the fresh Peach/Tomato Salsa proved to be just the right companion to make them "sing."

Let us know what you think and ask any questions you may have. chezdon@plate6.com