

Let's Eat

Healthy fast food & desserts – with a mix of lifestyle tips!

Hi Everyone!

What a pleasure and privilege to be writing this monthly recipe and lifestyle column for my heroes at **CenterPoint** magazine! I have so much to share, I had a tough time trying to figure out what to start the September issue with...but it's Fall, isn't it, filled with color, and the kids back in school!

Time Saving Tip: Double the recipe! Make the patties, freeze half for another meal or nutritious school lunch.

Special Diets: I cook for a client who is gluten and lactose intolerant, and this hearty recipe is perfect if you are dealing with these types of situations. A simple ingredient exchange...almond flour instead of flour...the recipe becomes preservative, GMO, sugar, gluten, dairy free...with no deprivation for anyone.

Korean Yam & Black Bean Patties

One recipe creates so many different meals!



Serves 4-6

Pan fry on the stove top

Serving Suggestions: on a bun with lettuce, tomato, avocado; on a bed of mixed greens, blanched asparagus, zippy avocado dressing. Or, serve with red cabbage slaw, apples, walnuts, and a lime mayo dressing.

Ingredients

- 1 can black organic beans, rinsed, drained, light mash
- 6 Tbsp almond flour (or fine bread crumbs)
- 1½ Cup Korean yams baked, cooled, light mash (HM Market)
- cilantro to taste, chopped (optional)
- scallions to taste, chopped (include green and white section)
- 1 egg plus salt + pepper to taste
- 2½ Tbsp extra virgin olive oil (evoo)
- 1 Tbsp apple cider vinegar (acv)
- 2 Tbsp fresh lime juice (not the junk in a plastic bottle)
- jalapeño to taste, deseeded and diced (optional)

1. In a small bowl whisk egg, salt, pepper, evoo, acv, lime juice together, set aside. Place remaining ingredients into large bowl. Add liquid to the yam/bean mixture, mix ingredients by hand until evenly combined. Leave some beans whole.
2. Shape mixture into 4-6 round patties. Coat with dusting of almond flour or organic corn starch for crispier exterior.
3. Cook patties in mixture of butter and evoo, brown one side, turn over and brown other side until warmed through (ingredients already cooked).

Recipe by **Chef Sandra Yearms Joblonicky**

Teaching adult & children's nutrient dense plant based food classes, with recipes to honor the raw, vegan, vegetarian & standard American diet.

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