



Spiced Red Kidney Bean Patties

Instructions

Serves: 4

1. Dry roast the pumpkin seeds, sunflower seeds, and sesame seeds on a hot pan until they give off an aroma and seeds begin to change to browned color. Note: They can burn easily so take off the heat once done and set aside to cool.
2. Grind the seeds into a powder using a spice grinder or small food processor.
3. In a bowl, add the ground seeds and all of the rest of the ingredients and stir well.
4. Make into 3 inch round, flat patties.
5. On a heated nonstick pan, with minimal oil, cook the patties until starting to get a nice brown on them (about 3-4 min). Flip and cook on the other side (another 2-3 minutes).
6. Serve with a salad or on a whole wheat bun with green chutney.

Ingredients

2 cups (15 oz can) of canned red kidney beans or boiled red kidney beans

1 inch ginger piece finely chopped or grated

3 garlic cloves, minced

1 cup finely chopped onion (red or white)

½ cup finely chopped red/orange bell pepper

½ cup grated carrot

½ cup fresh finely chopped cilantro

1 tablespoon lemon juice

1 teaspoon nutritional yeast

1 teaspoon chia seeds

1 teaspoon flaxseed powder

1 teaspoon black pepper powder

Salt to taste

1 tablespoon oil

Optional (to further increase fiber and nutritional value)

1 tablespoon pumpkin seeds

1 tablespoon sunflower seeds

1 teaspoon sesame seeds