



## VEGETARIAN APPETIZER

### Mini Black Bean Cakes

½ cup Salsa, Spicy Hot  
2 tsp. Cumin, ground  
2 lb., 6 oz. Black Beans, canned, drained  
2 oz. Panko Japanese Style Bread Crumbs  
½ oz. Green Onion  
½ tsp. Table Salt

#### METHOD OF PREPARATION:

1. Drain and rinse the black beans.
2. Wash the green onion. Cut off 1" of the white bulb, start slicing to use onion including pale green part and discard the rest of dark green shoots.
3. Combine the salsa, cumin, and the black beans in a food processor and process until smooth. Stir in half of the bread crumbs, the green onions and the salt. Place the remaining half of the bread crumbs in a shallow pan or dish. Scoop 1½ tablespoons of the mixture for each cake, then shape into patties about ½ inch thick. Dredge the patties in the breadcrumbs to coat.
4. Place the cakes on a baking tray coated with cooking oil spray.
5. Bake at 375°F. For 25 minutes, after 12 minutes flip the cakes over and continue baking for 13 minutes.
6. Serve with Stan's Fresh Salsa & light sour cream

SERVES: 24 Cakes

NUTRITION: 60 Calories, 0 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 210 mg Sodium, 10 g Carbohydrate, 2 g Dietary Fiber, Less than 1 g Sugar, 3 g Protein

WEIGHT WATCHER SMARTPOINT = 2

ALLERGENS: Wheat, Soybean, Gluten