

## Sweet Potato Quinoa Cakes

Makes 4 to 5 cakes

2 cups	sweet potatoes, peeled and cubed
2 tsp + 1 Tbsp	olive oil, divided
1 cup	no salt added canned black beans, drained and rinsed
1 ½ cups	cooked quinoa, cooled
¼ cup	red onions, minced
3 Tbsp	fresh cilantro, minced
2 tsp	garlic, minced
2 tsp	cumin
1 tsp	chili powder
½ tsp	smoked paprika
¼ tsp each	salt and freshly ground pepper
½ cup	roasted red pepper hummus (or your favorite hummus)

1. Preheat oven to 400 F and line a small baking pan with parchment paper
2. In a bowl drizzle 2 tsp olive oil on sweet potato cubes. Toss to coat.
3. Spread potato cubes on pan. Roast potatoes for about 20 minutes, or until tender. Stir once, halfway through cooking time. Transfer to a large bowl, let cool slightly then mash with a fork.
4. Mash the beans with a fork, leaving them a bit lumpy.
5. Add beans to bowl with potatoes, along with quinoa, onions, cilantro, garlic, cumin, chili powder, paprika, salt and pepper. Mix until ingredients are well blended.
6. Cover and refrigerate for 1 hour (important).
7. Form mixture into 3 ½ inch cakes (using about ½ cup mixture per cake).
8. Heat remaining 1 Tbsp olive oil in a 10-inch frying pan over medium-high heat.
9. Add cakes and cook for about 3 minutes per side, until outside is crispy and inside is heated through. Serve immediately with a dollop of hummus.

Recipe from: Yum & Yummer, Greta Podleski, 2017.

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