Black Bean Cakes With Mango Salsa

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

This dish is bright, delicious, and versatile. You can serve the cakes as big-mouth burger patties or bite-size appetizers.

About the Recipe

462 Calories · 18.9 g Protein · 20.2 g Fiber
Lunch · Dinner
Nut-free

Ingredients

Makes 4 Servings

- 1/2 c (120 mL) hot or mild salsa
- 2 tsp (10 mL) ground cumin
- 2 15-oz cans (720 g) black beans, drained
- 1 1/2 c (162 g) bread crumbs
- 1/4 c + 2 tbsp (25 g) finely chopped scallions
- Iodized salt **optional*
- to taste black pepper
- vegetable oil cooking spray
- 2 ripe mangoes, peeled and cubed
- 1/4 red onion
- 1/4 red bell pepper
- 2 tbsp (30 mL) finely chopped fresh cilantro
- 1 lime
- 2 tsp (10 mL) sugar or agave nectar
- 1/8 tsp (0.6 mL) cayenne pepper

Directions

1. Preheat the oven to 200 F (93 C).
2. Combine the salsa, cumin, and black beans in a food processor and pulse until smooth. Add 1 c (108 g) breadcrumbs, 1/4 c (25 g) scallions, salt to taste, and black pepper to taste.
3. Divide the mixture into small patties, roughly 1/8 c (30 mL) each. Dredge the patties in the remaining 1/2 c (54 g) breadcrumbs. Set the patties on a tray and refrigerate for 30 minutes.
4. While the bean cakes chill, combine the mangoes, onion, red bell pepper, 2 tbsp (28 g) scallions, cilantro, juice of 1 lime, sugar or agave nectar, and cayenne pepper, and refrigerate until serving time.
5. Heat a nonstick large skillet over medium heat. Using cooking spray throughout the saute process, saute the cakes for about 3 minutes per side, watching carefully so the cakes don't burn.
6. Place the cakes on a baking sheet and place in the 200 F (93 C) oven until all cakes are prepared. Serve the cakes with the salsa.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 462
Fat: 3.7 g
    Saturated Fat: 0.7 g
    Calories From Fat: 6.9%
Cholesterol: 0 mg
Protein: 18.9 g
Carbohydrate: 91.7 g
Sugar: 20.7 g
Fiber: 20.2 g
Sodium: 1,200 mg
Calcium: 213 mg
Iron: 6.5 mg
Vitamin C: 47.9 mg
Beta-Carotene: 759 mcg
Vitamin E: 1.9 mg