

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

- hot or mild salsa (1/2 cup)
- ground cumin (2 tsp.)
- 15-ounce cans black beans, drained (2)
- bread crumbs (1 1/2 cups)
- finely chopped scallions (1/4 cup + 2 tbsp.)
- kosher salt (to taste)
- black pepper (to taste)
- vegetable oil cooking spray ()
- ripe mangoes, peeled and cubed (2)
- finely chopped red onion (1/4 cup)
- finely chopped red bell pepper (1/4 cup)
- finely chopped fresh cilantro (2 tbsp.)
- fresh lime juice (2 tbsp.)
- sugar or agave nectar (2 tsp.)
- cayenne pepper (Pinch)

Directions

1. Preheat the oven to 200 F.
2. Combine the salsa, cumin, and black beans in a food processor and pulse until smooth. Add 1 cup bread crumbs, 1/4 cup scallions, salt, and black pepper.
3. Divide the mixture into small patties, roughly 1/8 cup each. Dredge the patties in the remaining 1/2 cup bread crumbs. 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 tablespoons scallions, cilantro, lime juice, 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 sauté process, sauté 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 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

Carbohydrates: 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