

Sweet potato chickpea cakes



Recipe by: Shalene Flanagan & Elyse Kopecky

What you need

- 2 eggs, beaten
- 1 teaspoon of ground cumin
- 2 tablespoons of oil
- Salt and pepper to taste
- 1 can of chickpeas, drained and rinsed
- 1 cup of cooked, mashed sweet potato
- ½ cup of rolled oats
- ½ onion
- ½ cup of fresh herbs or 1 tablespoon dried herbs (optional)

Preparation (55 minutes):

Servings: 20

1. Place chickpeas in a bowl and mash them with a fork
2. Add sweet potato, oats, onion, herbs, egg, cumin and salt and pepper
3. Let the mixture sit in the fridge for 15 minutes to firm up
4. When ready, heat oil in a pan over a medium heat
5. Scoop a tablespoon of the mixture and add to the oil, press down slightly with spoon to flatten the patty
6. Cook on one side for 2 minutes and flip for another 2 minutes on the other side – until brown

Did you know?

The sweet potato is an excellent source of beta-carotene, a yellowish pigment that is an antioxidant and can be converted into Vitamin A.

