

Black bean cakes

2 15 oz. cans black beans, drained
3 T. minced onion
1 egg, lightly beaten
1/3 – 1/2 cup crushed corn flakes
½-1 teaspoon ground cumin
¾ teaspoon thyme leaves
1 chopped Bird's eye pepper, if desired (more or less)
¼ teaspoon smoked paprika
¼ teaspoon ground white pepper
2 tablespoons mustard
3 tablespoons milk
1/3 cup grated parmesan cheese

1 cup crushed Tostitos chips
Fresh salsa

Put all ingredients except Fresh Salsa and crushed Tostitos in a food processor and pulse until blended (may need to open and stir up a bit, leave a few whole beans).

Place mixture in a small bowl, cover and refrigerate for a couple of hours to make it easier to handle.

Cover bottom of a frying pan with ¼ inch of oil.

Form patties and dredge in crushed chips. Place in frying pan and cook over medium heat, about 5 minutes per side.

Serve with fresh salsa (fresh tomatoes, green onion, celery, flat-leaf parsley, garlic)

Kathy Schlosser