



SEP
2016

Smoky Black Bean Cakes

with Sweet Corn, Avocado Salsa, and Arugula

Creamy black beans and sweet corn serve as the perfect base for these slightly spicy cakes. They're crispy on the outside, lusciously soft on the inside, and spiked with just a hint of jalapeño. And because no meal with black beans is complete without avocado, our chefs tossed together a deconstructed guacamole salsa. We may be biased, but we're pretty sure it's the king of all salsas.



Prep: 10 min
Total: 45 min



level 2



nut
free



veggie



Black
Beans



Red
Onion



Jalapeño
Pepper



Corn on
the Cob



Roma
Tomato



Avocado



Panko
Breadcrumbs



Arugula



Sour
Cream



Cumin



Cayenne



Balsamic
Vinegar



Lime

Ingredients

	2 People	4 People
Black Beans	1 Box	2 Boxes
Red Onion	1	2
Jalapeño Pepper 🌶️	1	2
Corn on the Cob	1 Ear	2 Ears
Roma Tomato	1	2
Avocado	1	2
Panko Breadcrumbs	1) 2) ¼ Cup	½ Cup
Arugula	2 oz	4 oz
Sour Cream	3) 4 T	8 T
Cumin	1 t	1 t
Cayenne 🌶️	1 t	1 t
Balsamic Vinegar	1 T	2 T
Lime	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Strainer, 2 Medium bowls, Large pan, Masher, Large bowl, Small bowl

Nutrition per person Calories: 571 cal | Fat: 25 g | Sat. Fat: 6 g | Protein: 22 g | Carbs: 61 g | Sugar: 11 g | Sodium: 198 mg | Fiber: 27 g

2



1 Prep: Wash and dry all produce. Drain and rinse the **black beans**. Halve, peel, and dice the **onion**. Shuck and cut the **corn kernels** off the cob. Core, seed, and dice the **tomato**. Halve the **lime** and cut one half into wedges. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat.

3



2 Make the avocado salsa: Halve, pit, and cube the **avocado**. In a medium bowl, combine the **avocado**, **¼ of the tomato**, **¼ of the onion**, and up to **half the jalapeño** (to taste). Stir in a squeeze of **lime** and season with **salt** and **pepper**.

4



3 Make the black bean mixture: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the remaining **onion** and **jalapeño** to the pan. Cook, tossing, for 2-3 minutes, until softened. Add the **corn**, **black beans**, **cumin**, and remaining **tomato** to the pan. Add a pinch of **cayenne pepper** (if desired). Cook, tossing, for 4-6 minutes, until softened. Season with **salt** and **pepper**.

5



4 Make the black bean cakes: Place the **black bean mixture** into a large bowl. Mash with a potato masher or fork until nearly smooth. Stir in **¾ of the panko** and season with **salt** and **pepper**. Place the remaining **panko** into a small bowl. Form the **black bean mixture** into 2-inch patties, pressing each side into the panko.

5 Cook the cakes: Wipe out the same large pan with a paper towel. Heat a drizzle of **olive oil** over medium heat. Once hot, add the **black bean cakes** to the pan. Cook 2-3 minutes per side, until golden brown. Season with **salt** and **pepper**.

6 Finish and plate: In a medium bowl, toss the **arugula** with a drizzle of **olive oil** and **balsamic vinegar**. Season with **salt** and **pepper**. Serve the **smoky black bean cakes** on a bed of **arugula**. Top with the **avocado salsa** and a dollop of **sour cream**. Serve with **lime wedges** for squeezing and enjoy!