

Middle Eastern Cannellini Patties

From – *Moosewood Restaurant Low-Fat Favorites*

2 tsp olive oil
2 cups minced onions
2 large garlic cloves, minced or pressed
1 tsp salt
1 cup minced bell peppers
2 tsp ground cumin
4 cups cooked cannellini or other white beans (two 20 oz cans, drained)
1 cup minced fresh parsley
2 cups cooked brown rice
1 tbs fresh lemon juice
ground black pepper to taste

- Warm the olive oil in a medium nonstick skillet.
- Add the onions, garlic and salt and cook on medium-low heat, stirring often for 5 to 10 minutes, until the peppers are soft.
- Remove from heat and set aside.
- Thoroughly mash the beans by hand in a large mixing bowl.
- Combine the parsley, rice and lemon juice with the mashed beans.
- Add the cooked vegetables and mix well.
- Add black pepper to taste.
- Shape the mixture into 18 small patties about 2 ½ “ across.
- Prepare a large nonstick skillet with cooking spray.
- Heat the skillet and cook the patties on medium heat until golden brown on the underside, about 5 to 10 minutes.
- Gently turn them and lightly brown the other side, about 5 minutes longer
- Serve hot or at room temperature.



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