

Smoky Black Bean Cakes

with Avocado Salsa and Tangy Arugula Salad

Sweet corn and creamy black beans form the base of these smoky, faintly spicy cakes. A crispy outside and soft inside give them the perfect textural contrast. Essentially a deconstructed guacamole, this avocado salsa has been deemed the king of all salsas. Enjoy!



45 min



level 2



Black Beans



Red Onion



Jalapeño



Corn



Roma Tomato



Avocado



Panko



Sour Cream



Arugula





Cayenne Pepper



Balsamic Vinegar



Lime

Ingredients		2 People	4 People	*Not Included ≒_	
Black Beans		1 box	2 boxes	Allergens 1) Wheat 2) Soy 3) Milk Tools Strainer, Large Pan, 2 Small Bowls, 2 Medium Bowls	
Red Onion		1	2		
Jalapeño 🥒		1	2		
Corn		1 ear	2 ears		
Roma Tomato		1	2		
Avocado		1	2		
Panko	1) 2)	1/4 C	½ C		
Sour Cream	3)	4 T	8 T		
Arugula		2 oz	4 oz		
Cumin		½ t	1t		
Cayenne Pepper 🥒		1 t	1t	Bowis, 2 Medium Bowis	
Balsamic Vinegar		1 T	2 T		
Lime		1	2		
Olive Oil*		4 t	8 t		

Nutrition per person Calories: 594 cal | Fat: 27 g | Sat. Fat: 6 g | Protein: 22 g | Carbs: 62 g | Sugar: 11 g | Sodium: 259 mg | Fiber: 27 g



1 Prep the ingredients: Wash and dry all produce. Drain and rinse the **black beans**. Halve, peel, and finely dice the **red onion**. Mince the ialapeño, removing the ribs and seeds if you prefer less heat. Using a knife, remove the corn kernels from the cob. Core, seed, and dice the **tomato**. Halve the **lime**, cut one half into wedges.



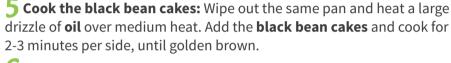
2 Cook the vegetables: Heat a drizzle of olive oil in a large pan over medium heat. Add 3/4 of the diced **onion** and up to half the **ialapeño** (to taste!) and cook, tossing for 4-5 minutes, until softened. Add the corn, black beans, 1/2 teaspoon cumin, and a small pinch of cayenne (to taste!) to the pan. Cook, tossing for another 6-7 minutes, until the corn is slightly blistered and the beans have softened.



3 Make the avocado salsa: Meanwhile, halve, pit, and peel the avocado, then cut it into small cubes. In a small bowl, toss together the avocado, tomato, remaining onion, a pinch of jalapeño (to taste), and the juice of half the **lime**. Season to taste with **salt** and **pepper**.



4 Form the black bean cakes: Place the black bean mixture into a medium bowl and mash with a fork or potato masher until nearly smooth. Stir in half the **panko**. Place the remaining panko into a small bowl. Form the **black bean mixture** into 2-inch patties and coat with the remaining panko.





6 Plate and serve: Toss the arugula with a drizzle of balsamic vinegar and olive oil in a medium bowl. Season with salt and pepper. Plate the arugula and top with the smoky black bean cakes, avocado salsa, and a dollop of **sour cream**. Serve with the **lime wedges** to the side.