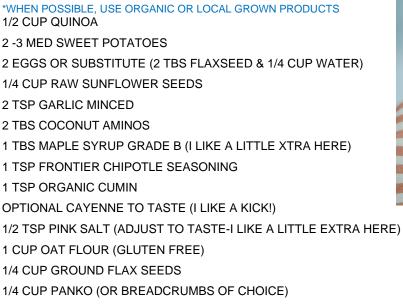
SWEET POTATO CROQUETTES

By definition a croquette is "a small roll of chopped vegetables, meat, or fish, fried in breadcrumbs". I think of croquettes as being a meat substitute, much like falafel. These are great on top of a bed of greens, wrapped up in a pita, or for serving on "vegan night" in place of a ribeye steak.

INGREDIENTS:





- 1 TSP CREOLE SEASONING (OR MIX TURMERIC, CUMIN, CHILI POWDER, GARLIC POWDER & SALT)
- 1. COOK QUINOA ACCORDING TO PACKAGE DIRECTIONS, THEN SET ASIDE.
- 2. PEEL & CUT SWEET POTATOES INTO 1 INCH CHUNKS, SPRAY WITH EVOO, & ROAST IN 375 OVEN UNTIL TENDER & LET COOL.
- 3. IN FOOD PROCESSOR; PULSE YOUR SWEET POTATOES, SUNFLOWER SEEDS, GARLIC, COCONUT AMINOS, MAPLE SYRUP, CHIPOTLE SEASONING, CUMIN, & SALT UNTIL SEEDS ARE A BIT BROKEN UP.
- 4. MAKE DOUGH BY COMBINING BY HAND IN MIXING BOWL; ALL THE POTATO MIX FROM THE PROCESSOR, EGG OR SUBSTITUTE, COOKED QUINOA, & OAT FLOUR,
- 5. COAT WITH CRISPY DELICIOUSNESS.
 - FIRST, COMBINE THE FLAX SEEDS, PANKO, & SEASONING.
 - TAKE A HEAPING 1/4 CUP OF DOUGH→FORM DESIRED SIZED PATTY→, THEN COAT IN PANKO/SEED MIXTURE.
- 6. COOK CROQUETTES PATTIES BY GENEROUSLY COATING A SKILLET WITH EVOO. THEN, BROWN ON EACH SIDE UNTIL DESIRED CRISPINESS.
- 7. SERVE ON A BED OF GREENS, WITH DIPPING SAUCE, ETC.

