

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:

*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

1/2 CUP QUINOA

2 -3 MED SWEET POTATOES

2 EGGS OR SUBSTITUTE (2 TBS FLAXSEED & 1/4 CUP WATER)

1/4 CUP RAW SUNFLOWER SEEDS

2 TSP GARLIC MINCED

2 TBS COCONUT AMINOS

1 TBS MAPLE SYRUP GRADE B (I LIKE A LITTLE XTRA HERE)

1 TSP FRONTIER CHIPOTLE SEASONING

1 TSP ORGANIC CUMIN

OPTIONAL CAYENNE TO TASTE (I LIKE A KICK!)

1/2 TSP PINK SALT (ADJUST TO TASTE-I LIKE A LITTLE EXTRA HERE)

1 CUP OAT FLOUR (GLUTEN FREE)

1/4 CUP GROUND FLAX SEEDS

1/4 CUP PANKO (OR BREADCRUMBS OF CHOICE)

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.