

# RECIPE CORNER



## Italian Bean Cakes – Fast and Easy

- 2 cups of navy beans (could use great northern or cannellini)
- 1/2 cup Italian-style dry bread crumbs
- 1/4 cup chopped fresh or 1 tsp dried basil leaves
- 3/4 teaspoon garlic salt
- 1 large egg, beaten
- 2 tablespoons olive oil

1. Mash beans in large bowl. Stir in remaining ingredients except oil. Shape mixture into 6 patties, each about 1/2 inch thick.
2. Heat oil in 12-inch nonstick skillet over medium heat. Cook patties in oil 8 to 10 minutes, turning once, until golden brown.

### Serving Suggestions

Top with spaghetti sauce or serve on hamburger buns topped with onion, lettuce, tomato, and mayo.

**Nutritional Information (per serving):** 250 calories; 6 g fat; 16 g protein; 42 g carbohydrate; 9 g fibre; 35 mg cholesterol; 210 mg sodium; calcium 16% daily value (dv); iron 32% dv; vitamin A 2% dv; vitamin C 0% dv

## Bean Pie

- 3/4 cup pinto beans mashed\*
- 1/2 cup melted margarine
- 1 tablespoon vanilla
- 1 1/2 cups brown sugar
- 1/2 cup coconut
- 2 eggs well beaten
- 9" unbaked pie shell
- pecan halves (optional)

Mix together the first six ingredients; blend well.

Pour mixture into unbaked pie shell and decorate with pecan halves.

Bake at 350 degrees for 45 min. Makes 1 pie.

*\*Cover the beans with sufficient water and allow to soak overnight.*

*Next morning, drain the soaking water and add boiling water to beans.*

*Simmer the beans on the stove until soft, stir regularly. It is very important to cook the beans until quite soft to improve the digestibility and tastiness.*

*Drain beans and mash in blender or food processor.*

**Suggestion:** Soak 3 to 4 cups of pinto beans and freeze unused mashed beans for later use.

