

## **Black Bean Cakes with Baby Spinach and Avocado Dressing**

Prep time: 5 minutes

Cooking time: 10 minutes

Yields: 4 servings

### Ingredients:

For the Black Bean Cakes:

2 Cans Organic Black Beans

1 teaspoon cumin

2 Tablespoons Ground Flax Seed

2 oz. Whole Wheat or Gluten-Free Breadcrumbs

Salt and Pepper to Taste

For the Avocado Dressing:

1 Ripe Avocado

Juice from one lime

1-2 oz. water for desired consistency

Salt and Pepper to taste

2 Cups Baby Spinach

### Directions:

Combine all black Bean Cake Ingredients in a mixing bowl and form into patties. Cook in skillet 4-5 minutes on both sides over medium heat.

In separate bowl mash the avocado with lime juice and salt and pepper. Drizzle in water until sauce-like consistency.

Arrange Baby Spinach on platter or individual plates. Place Black Bean Cakes on Plate.

Drizzle with Avocado Dressing.

**Chef Mat Shalenko, Health Coach**

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