

Black-Eyed Pea Cakes

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

2 Cans Organic Black-Eyed Peas or 4 cups cooked

1/4 cup onion, small diced

1 tablespoon minced garlic

1/4 cup Ground Flax Seed

1/2 cup Ian's Gluten Free Panko

Salt and Pepper to Taste

Directions:

Combine all ingredients in a bowl and mix well. Using a spoon or by hand lightly drop silver dollar size amounts of mixture into skillet. Cook in skillet 4-5 minutes on each side over medium heat.