

Black Bean Cakes with Avocado and Pico de Gallo

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

For the black bean cakes:

2 Cans Organic Black Beans
1 teaspoon cumin
1-2 teaspoons chili powder
1/4 cup Ground Flax Seed
1/2 cup Ian's Gluten Free Panko
Salt and Pepper to Taste

For the Pico:

2 Roma tomatoes, seeded and diced
1 oz. onion, diced
1 tablespoon jalapeno, minced
1 tablespoon cilantro, chopped
1 tablespoon lime juice
salt and pepper to taste

1 Avocado, sliced

Directions:

To make the Pico de Gallo:

Combine all ingredients and mix well.

To make the Black Bean Cakes:

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.

To serve, top black bean cakes with avocado slices and pico de gallo.