Red Lentil and Sweet Potato Croquettes

INGREDIENTS

- 2 cups cooked red lentils
- 2 cups diced, cooked sweet potatoes
- 1 teaspoon celery seed
- 1 teaspoon garlic powder (or 3 cloves, minced)
- 1/2 teaspoon salt
- 3-4 scallions, diced
- 1 cup cooked brown rice (short grain is best)
- 1/4 cup cornmeal (or gluten-free flour like brown rice flour)
- 3 Tablespoons sesame seeds
- 2-3 Tablespoons olive oil

DIRECTIONS

1. Preheat oven to 400 degrees F.

2. When water is absorbed and lentils are soft (about 15 minutes) remove from heat. Mash the lentils, sweet potatoes, celery seed, garlic powder, salt, scallions, and brown rice together until a paste is formed. If mixture seems too wet, add cornmeal to thicken.

3. Blend together cornmeal and sesame seeds on a large plate. Form a ball from 2 tablespoons of lentil batter, flatten, lightly coat in flour mixture, place on baking sheet, and brush each side of croquette with olive oil. Continue with remaining batter.

4. Bake croquettes for 20-25 minutes or until golden brown on each side, turning flipping the croquettes halfway through. Serve warm with a squeeze of lemon juice and sliced avocado or sauce of your choice. Serve with green salad.

Options

Alternatively, croquettes can be browned in a skillet: To do so, heat 1 tablespoon neutral oil in a heavy skillet, place flattened croquettes gently in pan and brown for about 4 minutes on each side. Place on paper towels to drain any extra oil.

NOTES