

**Sweet Potato and Kale Veggie Cakes**

**6 SERVINGS**

Nutrition Facts per Serving:

Calories: 217 Protein (g): 8

Fat (g): 10 Carbohydrate (g): 25

# Ingredients:

|  |  |
| --- | --- |
| ¼ cup | Whole wheat panko breadcrumbs |
| ¼ cup | Almond meal |
| 2 tbsp | Brown rice flour |
| 1 tsp | Baking soda |
| ¼ tsp | Ground black pepper |
| ¼ tsp3  | Sea saltLarge eggs |
| ¾ cup21 ½ cup2 ½ cup2 tbsp | Onion, finely choppedClove garlic, finely choppedSweet potato, shreddedFresh kale, stems removed and choppedCanola oil |

**Instructions:**

1. Whisk panko, almond meal, rice flour, flax, baking soda, salt, and pepper together in large bowl.
2. Add eggs and whisk until well combined.
3. Stir in onion and garlic, then use hands or a wooden spoon to toss with sweet potato and kale, mixing very thoroughly. Each piece of kale and potato should be coated in “batter”, but the mixture may look loose.
4. Heat a large, nonstick skillet over medium and add 2 tablespoons canola oil.
5. Use a muffin/ice cream scoop or measuring cup to scoop ¼ packed cup of the mixture and gently release it into the hot oil.
6. After a minute, press cakes down with a spatula so they start to bind.
7. After 4 minutes, when cakes are golden brown on one side and starting to hold together (the exposed side will still be a little loose), gently scoop and flip each cake with a spatula.
8. Press down again and cook another 4 minutes, until golden to brown on the second side.
9. Drain finished cakes on paper towels and serve!