

Black Bean Cakes with Salsa

Ingredients:

- 1 ½ cups prepared salsa
- 1 jalapeño pepper
- 2 15-oz. cans black beans, rinsed and drained
- 1 8.5-oz. pkg. corn muffin mix
- 2 ½ tsp. chili powder
- 2 Tbsp. olive oil
- ½ cup sour cream
- ½ tsp. chili powder

Directions:

- In colander, drain 1/2 cup of the salsa. Seed and finely chop half of the jalapeño; thinly slice remaining half. In large bowl mash beans with vegetable masher or fork. Stir in muffin mix, drained salsa, 2-1/2 teaspoons chili powder, and chopped jalapeño.
- In 12-inch skillet heat 1-tablespoon oil over medium-high heat. Add four 1/2-cup mounds bean mixture to skillet. Flatten mounds with spatula to 3-1/2-inch-round cakes. Cook 3 minutes each side until browned. Remove from skillet. Repeat with remaining oil and bean mixture.
- In bowl combine sour cream and 1/2 teaspoon chili powder. Top cakes with remaining salsa, sliced jalapeño, and seasoned sour cream. Makes 4 (2-cake) servings.

Yield: 4 servings (two cakes each serving)

Nutritional Information: Calories 519, Total Fat 19g, Saturated Fat 4g, Monounsaturated Fat 6g, Polyunsaturated Fat 1g, Cholesterol 11mg, Sodium 1553, Carbohydrate 79, Total Sugar 3g, Fiber 12g, Protein 20g

Recipe Source: www.bhg.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.

The use of low-fat or fat-free sour cream will save even more calories and fat calories.