



Shrimp and Black Bean Cakes

Mexican flavored patties topped with Lime Crema

Yield: 8

1-3/4 cup	Black Beans, Dry (3-1/2 cups cooked)	1-1/2 tsp	Minced Garlic Cloves, Fresh
1 cup	Diced Fresh Red Bell Peppers	1 cup	Panko Breadcrumbs
3/4 cup	Green Onions, Bunch, Thin Sliced	1 each	Fresh Egg, Beaten
1/2 cup	Cilantro, Fresh, Chopped	3/4 tsp	Kosher Salt
1 lb, 8 oz	26/30 Shrimp, P&D, Raw	1/8 tsp	Ground Black Pepper
2-1/4 tsp	Ground Coriander	1 tbsp	Olive Oil Canola Blend
2-1/4 tsp	Ground Cumin	1/2 cup	Low fat Sour Cream
		1 tbsp	Lime Juice, Fresh



Sort through dry beans and rinse. Place in a pot with water and bring to a boil and then a gentle simmer until cooked through and tender, about 2 - 3 hours. Drain. Place all vegetables in a bowl. Remove tail from shrimp and rough chop with a knife or pulse in a food processor (should be chunky). Add shrimp, panko breadcrumbs, minced garlic and 1/3 of the cooked, cooled beans to the bowl. Add the remaining 2/3 of the cooked black beans into a food processor with the beaten eggs, salt and black pepper. Puree until smooth. Pour pureed beans into the shrimp mixture and toss to combine well. The batter will be slightly wet but will still form into cakes; if too wet, add more breadcrumbs. Shape into ¼ cup patties. To cook, sprinkle olive oil into a warmed skillet over medium heat and cook about 2-3 minutes per side. Look for a browned crust and check the first one for doneness by cutting it in half. Mix sour cream and lime juice together for the lime crema.

Chef's Note: Smaller cakes make great hors d'oeuvres drizzled with lime crema.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	% Cal Fat
322.8	31.7	34.1	6.6	208.6	460.8	2.2	18.3