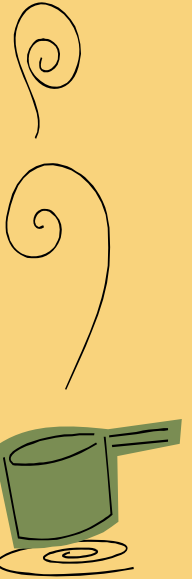


## RECIPES



*For eating well  
after bariatric  
surgery*

### PINTO BEAN CAKES

#### Ingredients:

- 2 cans pinto beans (drained and rinsed)
- ½ c. reduced fat parmesan topping
- ⅓ c. celery
- ¼ c. parsley, finely chopped
- ¼ c. scallion, thinly sliced
- 1 tsp. lemon zest
- ¼ c. egg substitute
- 2 Tbsp. Italian-style bread crumbs
- 1 Tbsp. olive oil
- 1 tsp. hot sauce
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 3 Tbsp. peanut oil
- Flour to dredge cakes

#### Directions:

1. Drain and rinse canned beans.
2. Set aside ¼ of beans for later.
3. In a food processor, combine the rest of the beans with egg substitute, cheese, celery, parsley, scallions, and lemon zest.
4. Pulse to make a rough paste. Remove to a medium bowl.
5. Mix in the bread crumbs, olive oil, hot sauce, salt, pepper, and reserved whole beans.
6. Stir lightly to combine all ingredients.
7. Divide the mixture into 12 even patties approximately 2 ½-inches round and ¾-inches thick.
9. Heat oil in a large nonstick skillet (or pancake griddle) over medium-high heat.
10. Pat the cakes with flour and brown the cakes in the pan (or on the griddle) cooking until the underside is well browned, approximately 3-4 minutes.
11. Flip and cook for an additional 3-4 minutes.
12. Serve with a dollop of non-fat greek yogurt or some fresh salsa!

Yields: 12 cakes

Calories: 130

Fat: 6 g

Protein: 5 g

Carbs: 13 g (4 g fiber)

*Serve over salad greens for an extra veggie serving!*



*To view more recipes or submit your own, visit  
[www.muschealth.com/weightlossurgery](http://www.muschealth.com/weightlossurgery)*