

Yuca Black Bean Fritters



FOODSERVICE



SERVING SIZE: 8

Ingredients

- 1 1/2 fluid ounces Water
- 1 tablespoon Flax Seed Meal
- 1 pound Peeled Yuca
- 1 pound **Furmano's Seasoned Black Beans**, Drained
- 6 ounces Diced Red Pepper 1/4 inch
- 2 ounces Diced Onion
- 2 tablespoons Minced Garlic
- 1/2 cup Chopped Cilantro
- 1 tablespoon Salt

In This Recipe



Seasoned Black Beans

Preparation

1. In a small bowl, mix together Water and Flax Seed Meal. Let sit for 5 minutes to bloom.
2. In a large pot, add peeled Yuca and cover with water. Bring to a boil and drain when yuca is fork tender. Approximately 30 minutes.
3. In a food processor, add Yuca and Seasoned Black Beans. Pulse to mix. Leave some bean and yuca identity
4. Add minced Garlic, Onion, Red Pepper, Cilantro, Salt, and bloomed Flax Seed Meal. Mix to combine and set aside.
5. Preheat oven to 400 degrees. Using a small scoop, portion out fritter mix onto a lined sheet tray and roast for 15 minutes.