

Low-Point Sweet Potato and Chickpea Cakes with Avocado Salsa

Ingredients:

- 2 Tbs olive oil, divided
- 3/4 cup chopped onion, divided
- 4 garlic cloves, diced
- 1 Tbs diced jalapeño pepper
- 1 3/4 cups grated sweet potato
- 3/4 tsp. kosher or coarse salt, divided
- 1/4 tsp. freshly ground pepper
- 1/2 cup panko (Japanese breadcrumbs)
- 3 Tbs fresh lime juice, divided
- 1, 15 oz. can chickpeas (garbanzo beans) rinsed and drained
- 1 egg
- 1 avocado, peeled and chopped
- 1 tomato, chopped
- fresh parsley for garnish

Preheat oven to 400 degrees. Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil to pan. Add 1/2 cup onion, garlic, and jalapeño to pan, and sauté about 3 minutes. Add sweet potato, 1/2 teaspoon salt and 1/8 teaspoon pepper to pan and sauté about 3 minutes. Add this potato mixture to a food processor, along with panko, 1 1/2 tablespoons of lime juice, chickpeas, and egg. Pulse until chickpeas are coarsely ground. Divide potato mixture into 5 equal portions, shaping each into a patty. Return skillet to medium-high heat. Add remaining 1 tablespoon of olive oil. Place patties in pan and cook for 3 minutes on each side (using a big flat spatula to carefully turn them over). Remove patties to a cookie sheet and place in oven and bake for 6 minutes.

Combine avocado, tomato, remaining 1/4 cup onion, and 1 1/2 tablespoons of lime juice. Add 1/4 teaspoon salt and 1/8 teaspoon pepper and toss. Spoon salsa over cakes and serve. Enjoy!!!

Total servings - 5

Serving size - 1

Total points per serving - 5.5

Total points plus per serving - 6.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Patience is not the ability to want, but the ability to keep a good attitude while waiting." - Joyce Meyer