

MOROCCAN BEAN BITES

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 4 bean bites and yogurt dip)

Nutrition (per serving)

Calories: 177

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 162 mg

Total Carbohydrate: 34 g

Dietary Fiber: 7 g

Protein: 10 g



Ingredients

Bean Bites/Patties

- 2 medium sweet potatoes
- 2 – 15.8 ounce cans reduced sodium great northern beans (or any other beans), drained and rinsed
- 1/3 cup finely diced sweet onion
- ¼ cup flour of your choice
- 2 teaspoons paprika
- ½ teaspoon ground cumin
- ½ teaspoon ground ginger
- ½ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon chili powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper
- 1/8 teaspoon allspice



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Spiced Yogurt Dip

- 1 teaspoon honey
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder
- ¼ teaspoon ground ginger
- 1 individual size container of non-fat Greek plain yogurt
- Cooking spray

Directions

Bean bites:

1. Preheat oven to 375 degrees Fahrenheit.
2. Clean sweet potatoes thoroughly, pierce with fork all over and microwave for 6-7 minutes or until soft. Let cool and scrape out insides into medium bowl.
3. Add beans, onion, flour and spices to bowl and mash well with fork or potato masher. Stir several times along with mashing in order to evenly combine spices.
4. Form into 28 balls, place on sprayed baking sheet and bake for 20 minutes. Put toothpicks in after baking and let cool 5 minutes before serving.

Yogurt dip:

1. Add honey and spices into yogurt container and stir well. Serve ~1 Tablespoon each with bean bites or patties.