

Recipe

Southwestern Spiced Amaranth-Lentil Patties with Cilantro-Jalapeño Sauce

Recipe courtesy of Lois Leonhardi

Prep time: 40 mins

Cook time: 8-10 mins

Serves: 3 (15 small patties)



Ingredients:

- 3/4 cup amaranth (uncooked)
- 3/4 cup red lentils (uncooked)
- 3 cups water
- Southwestern spice mix (1/2 tsp Himalayan salt, 1/2 tsp chili powder, 3/4 tsp oregano, 1/2 tsp cumin powder, 1/2 tsp black pepper, 1/4 tsp turmeric)
- 1 medium onion, grated
- 1 garlic clove, pressed
- 1/2 cup parsley, chopped
- 3 Tbsp flax seeds, ground
- 3 Tbsp coarse cornmeal (or regular)
- 1/3 cup fresh mint, chopped (optional)

Cilantro-Jalapeño Sauce (mild)

- 2 bunches (~2 cups) fresh cilantro, ends trimmed, washed & thoroughly dried
- 1/2 small jalapeño, seeded & deveined
- 1/2 cup plain yogurt (can sub w/plant-based yogurt)
- 1 clove garlic, pressed
- 3 Tbsp lime juice
- salt & pepper to taste

Steps:

1. Preheat oven to 450°F .
2. Grease a large baking sheet with 1-2 tablespoon of avocado oil.
3. In a medium pot, place amaranth, lentils, spice mix, & water. Bring to a boil, cover pot, & reduce to a simmer. Cook for 25 minutes until water is absorbed & amaranth & lentils are soft. Remove from heat. It will thicken as it cools.
4. Add the onion, garlic, parsley, flax seeds, corn meal & mint (if using). Mix well. The batter is thick, but does not bind well.
5. Scoop 1/4 cup of batter & drop onto a prepared baking sheet. Gently shape into a small patty with back of a spoon. Repeat with remaining batter. Transfer to preheated oven. Bake for 8-10 minutes on each side until golden brown & crispy.
***If you prefer, you can pan-fry in 1 Tbsp of olive oil.
Cooked patties do not freeze well. However, the batter may be made ahead & will keep in the refrigerator for 3 days.*

Prepare the Cilantro-Jalapeño Sauce:

In a blender, combine the cilantro, jalapeño, garlic, lime juice, yogurt, salt & pepper. Process until smooth. The sauce can be stored in the refrigerator for up to 3 days. Shake well before using.