



SWEET POTATO AND WHITE BEAN FRITTERS

Trying this unique plant-based recipe will add vibrancy and texture to your plate. Substitute any squash or beans that you have available. This recipe is a good choice for those needing foods that are soft and easy to chew and swallow. **Yield: 12 fritters**

INGREDIENTS:

- 2 cups (10 oz.) cubed and peeled sweet potato
- 1 can (15.5 oz.) no-added salt white beans, drained and rinsed
- 4 Tbsp. quick cooking oats
- 1 large egg
- ¼ cup onion, minced
- 1 large clove garlic, minced
- 2 tsp. chopped fresh sage leaves
- ¼ tsp. cumin
- Salt and freshly ground pepper to taste
- 1 Tbsp. canola oil or extra virgin olive oil, divided
- ¾ cup low-fat sour cream or fat-free plain Greek-style yogurt

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*

DIRECTIONS:

1. In large saucepan with a steamer basket, steam sweet potatoes until tender, about 15-17 minutes.
2. Transfer sweet potato to food processor. Add beans, oats, egg, onion, garlic, sage, cumin. Pulse until blended yet slightly chunky.
3. Season with salt and pepper.
4. Heat 1 Tbsp. oil in large skillet over medium-high heat.
5. Gently drop six ¼ cup portions of mixture into pan and gently press into round patties with back of measuring cup or spatula. Don't overcrowd skillet.
6. Sauté fritters until golden brown on bottom, about 5 minutes. Heat may need to be adjusted for optimal browning.
7. Carefully turn over each fritter and sauté until other side is golden brown, about 3-4 minutes.
8. Transfer fritters to plate and cover with foil to keep warm.
9. Use remaining oil to sauté remaining six fritters. There should be 12 fritters in total. Serve warm with sour cream or Greek yogurt.

NUTRITIONAL DATA:

Nutritional Data: 104 calories, 4.9 grams fat, 2.1 grams saturated fat, 22 mg cholesterol, 12.5 grams carbohydrate, 2.7 grams dietary fiber, 3.7 grams protein