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Sweet Potato, Quinoa and Chick Pea Patties with Avocado Dip

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Have I mentioned how I 'oh so adore' autumn? Sure, every season has complications and warrants complaints but the things of this season simply speak to me in a crisp, clear voice, 'settle in, sister….sink into the season of snuggles and comfort.'

So much, in fact, that I must make moderation and self-control my skill to practice! You know what I mean, right? When something's calling your name…its scent tickles your senses and its qualities quicken your heart….and you want more.

Yeah. Autumn once again carries callings requiring some self-restraint.

It's a fruit of the Spirit, you know, to contain yourself when temptation nearly tears you apart. And when cool winds gust giving you more reason to reach for the comforts you relish, you're still called to stay strong in self-discipline.

Hey, that's not to say, I don't dare indulge! I love life and I'm learning more and more to linger in its bounteous blessings. But there's also this intriguing balance to achieve between living in unrestrained indulgence and practicing purity and humility.

Interesting, isn't it? Yeah, things of this season bring the fruit of the Spirit called self-control to my meager little mind.

And, as always, I'm bringing this back to one of my favorite topics: food. You've heard me talk about my love for food all the way from investing to indulging in it. And I stick by my sentiment. Food is a gift meant for our pleasure…when used properly. All of these comforting fall flavors require a little restraint on my part. I adore them so much that it'd be easy to over-consume, especially as the days grow shorter and snuggling in with something sweet sounds like bliss.

Which is why I have two things to say before I give this recipe away:

1. Ladies, don't sell yourself short. Fill your lives and bodies up with quality ingredients. Yes, choose

what’s nourishing to both your physical and spiritual selves.
2. Savor each morsel of goodness so your soul is satisfied without over consuming. Linger in each comforting ‘good thing’ and pause to keep your living-well priorities in line.

Now, see these little patties? It’s one of those comforting dinners I adore. Some sharp cheddar or my avocado dip offsets their slightly sweet flavor. And the ingredients are the bursting with the nourishing quality you’re looking for.

Recipe category

Midday Meals: Soups, Salads & Sides [1]
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Ingredients

- FOR THE PATTIES:
- 1 sweet potato (1 cup worth)
- 1 cup cooked quinoa (I cooked mine in vegetable broth)
- 1 ½ cup chick peas
- 1 cup flour* (please see note)
- ⅓ cup pumpkin seeds (raw preferably)
- ⅓ cup chopped cilantro
- ¼ cup chopped parsely
- 1 cup diced yellow onion
- 3-4 cloves garlic, minced (3 large or 4 smaller ones)
- 1 flax egg (you can use 1 whole egg)
- 1 tablespoon brown mustard (or Dijon)
- ½ tablespoon chile powder (you can amp this up to 1 tablespoon if you like the flavor)
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ teaspoon sea salt
- FOR THE AVOCADO DIP:
- 1 whole avocado, peeled
- 1 cup whole milk yogurt (you can use Greek yogurt)
- ¼ cup fresh cilantro
- ¼ cup fresh parsley
- 1-2 cloves garlic, minced
- 1 teaspoon sea salt
- ½ teaspoon fresh ground pepper

Recipe Instructions

For the Patties:

1. Preheat oven to 400 degrees. Pierce sweet potato with a fork. Place on a baking sheet and cook for 50 to 60 minutes, until tender. Allow to cool. Remove the potato from its skin…but don't waste the skin, eat it with a little grass fed butter like you see in the photo. Potato skins are no kinda

nutritional waste!
2. Make your 'flax egg' (mixing 1 tablespoon milled flax with 3 tablespoons of warm water and set aside)
3. In a food processor pulse potato, chickpeas, quinoa, flour, pepitas, cilantro, parsley, onion, garlic, flax egg, mustard, chile powder, cumin, paprika and salt until the mixture is combined but slightly chunky. Form into patties and refrigerate for at least an hour but I like to leave them even longer to chill thoroughly. I make smallish patties for us, but size them to your family's needs.
4. When ready to cook, put some olive oil or real butter in a pan and cook for about 7 minutes per side (depending on thickness).

For the Avocado Dip:

1. Combine all ingredients in a food processor and process until smooth. Refrigerate until ready to use.

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Recipe Description

These are the real deal for us this fall! High in both soluble and insoluble fiber, a great source of vegetable protein and good fats but almost nonexistent in sugars and bad fats. We're enjoying these in a variety of ways: as an open face sandwich, with sharp cheddar goat cheese and always with fresh avocado dip (recipe included). Go ahead...read the ingredients. They speak for themselves when it comes to health benefits!

Recipe Notes

*So, in this recipe you can use any flour really. But I like to keep it super nutritent dense so I chose a pseudo-flour, chick pea flour [3]. You can also use quinoa flour or even whole wheat flour.

Buy Chick Pea Flour here [3]

Buy a nice whole wheat flour here [4]. (I prefer sprouted wheat, so, that's what this is. This article [5] tells a bit more about why sprouted wheat.

Here's my Food Pocessor [6] that I am currently using. Works like a charm for tons of things from hummus to nut butters to just about anything you need to process!

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