

Italian Bean Patties

Ingredients:

2 cups cooked beans
 1 egg, beaten
 1/2 teaspoon garlic powder
 1/2 teaspoon onion powder
 2 teaspoons Italian Seasoning
 1 cup dry bread crumbs
 2 tablespoons cornmeal
 1 tablespoon vegetable oil

Equipment:

Large bowl
 Mixing spoon
 Spatula
 Non stick skillet

Number of Servings: 8
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. In a large bowl, mash beans.
2. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and bad smells. if it is OK, add to bowl. Be sure to wash hands after handling eggs. Add to bowl with beans.
3. Add garlic powder, onion powder, and Italian seasoning. Mix well.
4. Stir in bread crumbs. If mixture seems too wet add more breadcrumbs 1 tablespoon at a time until mixture resembles meatloaf.
5. Shape into little sausages or patties. Roll in cornmeal or flour.
6. Fry slowly in vegetable oil over medium heat until crusty and golden brown.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 patty
 Servings: 8

Amount Per Serving		Calories from Fat 27	
		%Daily Value*	
Calories	152		
Total Fat	3g	9%	
Saturated Fat	1g	9%	
Cholesterol	27mg	16%	
Sodium	126mg	12%	
Total Carbohydrate	24g	1%	
Dietary Fiber	3g	1%	
Protein	7g	40%	
Vitamin A	1%	Vitamin C	1%
Iron	12%	Calcium	7%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.