

BLACK BEAN AND CORN FRITTERS



INGREDIENTS:

- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1 red bell pepper
- 3/4 cup shredded cheddar cheese
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 2 eggs
- 1/2 cup unbleached all-purpose flour
- 1/4 cup corn masa
- 1-2 Tablespoons milk (if needed)
- 2 Tablespoons oil for cooking

INSTRUCTIONS:

1. Place the black beans in a medium size bowl.
2. Add corn, diced bell pepper, cheddar cheese, and chili powder.
3. In a separate bowl, whisk eggs, then add them to bean mixture along with the flour, masa, and optional 1-2 Tablespoons of milk. Milk is ONLY needed if mixture is too thick. When mixture can be rolled into a ball without falling apart, it is a good consistency.
4. Form mixture into patties of desired size (smaller is probably better to prevent breaking while cooking), then cook in a preheated skillet over medium heat until each side is golden brown and middle is no longer gooey, about 4 minutes per side. Serve with additional cheese on top if desired.

Yield: 16-20 tastings

Source: Adapted from prettylittleapron.com

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