Zucchini Patties with Sweet Potato Strips

Follow #PureFormulasDetox

Ingredients:

✓ **Available for purchase in the PureFormulas Store**

(makes 2 servings)

Ingredients for Zucchini Patties:

- 14 oz garbanzo beans, either canned or homemade
- 1 medium onion
- 3 cloves of garlic

- 1 thinly sliced medium zucchini
- 3 teaspoons curry powder ✓
- ¼ cup of cooked quinoa ✓
- ½ tabespoon safflower/sunflower oil ✓

Ingredients for Baked Sweet Potato Strips:

- 2 medium sweet potatoes
- Olive oil ✓

- Salt ✓
- White pepper
- Garlic powder ✓

Directions:

Zucchini Patties:

1. Preheat oven to 375 F.
2. Heat 1/2 TBSP safflower oil in a pan.
3. While the oil is heating up mince the one medium onion, and the 3 cloves of garlic. Also cut the 1 medium sized zucchini into thin slices.
4. Once the oil is heated, add the garlic and onion and about 1 1/2 tsp of curry powder. Allow to cook for 1-2 minutes.
5. Once the garlic and onion are cooked, add the zucchini slices, and the rest of the curry powder, another 1 1/2 tsp. Cover the pan and cook on low for about 15 minutes.
6. While the zucchini is cooking,drain and rinse the 14 oz of beans. Add them into a bigger bowl and mash them with your hands until they are broken down, set to the side.
7. Once the zucchini is done cooking, allow it to cool for a few minutes, and then add it to the bean mixture, along with 1/4 cup of quinoa.
8. Mix everything together and form medium sized patties, and place on an oiled baking sheet.
9. Cook for about 15 minutes, if you prefer your patties very browned, broil them for the last 2 minutes or so.
10. Let them cool, then serve and enjoy!

Baked Sweet Potato Strips:

1. Preheat oven to 400 degrees F.
2. Wash, peel, and cut matchstick style the sweet potatoes.
3. Place potatoes in a baking sheet. Make sure to not pile the strips.
4. Drizzle olive oil, add a pinch of salt, and dab of pepper and garlic and gently toss with your hands to distribute seasoning.
5. Bake for 40 minutes.