

Bean Balls with Peach Chutney



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Serves 4 (5 bean balls per serving)

1	540 ml can no salt added black beans, drained and rinsed
½ cup*	poblano pepper (about 1 pepper), finely diced
½ cup	red onion, finely diced
2 cloves	garlic (about 3 tsp), minced
1 tbsp	olive oil
½	chipotle pepper in adobo sauce + ½ tsp sauce (OR 1 jalapeno + 1 tsp chili powder), adjust to your taste
¼ cup	cashews, unsalted
¼ cup	light feta, crumbled finely
1	egg, lightly beaten
¼ tsp	black pepper
2 tbsp	2% MF plain greek yogurt
2 tbsp	lime juice (optional)
1-2 tbsp	cilantro, chopped (optional)
16	whole grain mini pitas

Contact:

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1. Preheat oven to 350°F.
 2. Spread black beans over a baking sheet lined with parchment.
 3. Bake for approximately 20 minutes, until most beans split and skin looks crisp.
 4. Remove from oven and let cool.
 5. Meanwhile, heat oil in pan over medium-low heat. Add poblano pepper and red onion and sauté for 3-4 minutes.
 6. Add garlic and sauté 1 minute more.
 7. Add chipotle pepper with adobo sauce and stir for 30 seconds, until fragrant.
 8. Transfer mixture to a large bowl.
 9. In a food processor, pulse cashews until roughly chopped.
 10. Add this to bowl with onions and peppers.
 11. Transfer cooled beans to food processor. Add feta.
 12. Pulse until beans and feta are roughly chopped.
 13. Transfer this to the pepper, onion, garlic and chipotle mixture.
 14. Add egg, plain yogurt, and pepper to mixture in the bowl.
 15. Mix well, by folding mixture with a spatula.
 16. With clean hands, shape mixture into 1½ inch balls (golf ball sized) and place on the baking sheet lined with parchment. The recipe should yield about 20 bean balls.
 17. Bake at 350°F for 20 minutes, until golden.
 18. Serve with whole grain mini pitas and peach chutney. Bean balls can also be served over prepared whole grains such as spelt, barley, brown rice, or quinoa and sauteed vegetables; or whole grain pasta with tomato sauce.
- *Option:** 1/2 cup poblano pepper (about 1 pepper) can be substituted with 1/2 green pepper and 1/2 hot banana pepper.

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Peach Chutney

1 tbsp	olive oil
3	shallots, minced
½ tbsp	fresh ginger root, minced
1 clove	garlic
2	firm peaches, diced
1	red bell pepper, diced
2 tbsp	maple syrup
2 tbsp	water
2 tbsp	cider vinegar
¼ tsp	coriander
1/8 tsp	chili powder
1/8 tsp	salt

1. Heat oil over medium heat in a medium size saucepan.
2. Add shallots and ginger root to saucepan and sauté for 2 minutes. Add garlic and stir until fragrant.
3. Add remainder of ingredients to saucepan and bring to a boil.
4. Reduce heat. Simmer until thickened, about 30 minutes.