

RESET 90/10™

Savory Vegetable Cakes

These delicious savory cakes can be the vehicle for a delicious salad. My favorite combination is teamed up with avocado, baby sprouts, a sliced red onion and diced pickled beets or radishes. The Whipped Tahini would complement these savory vegetables also. This would be a great addition to a soup, curry, or stew. It's a wonderful way to change up the rotation of your vegetables as any root vegetables would work in this recipe. Be creative, have fun and use up your veggies!

Yield – 6-7 cakes

2 Tablespoons of ground flax

1/3 C. of water

4 cups grated sweet potato, carrots, or butternut (or you can combine all three)
(Following the Reset phase add in grated Napa Cabbage as this is a delicious addition)

1 small red onion or 2 shallots chopped

¼ cup buckwheat flour

½ teaspoon baking powder

¼ teaspoon of kosher salt

½ teaspoon of spicy or smoked paprika

½ teaspoon of sweet paprika

½ teaspoon of ground coriander or cumin

About 2 Tablespoons of coconut oil or Olive oil. A pump spray can also be used effectively to coat parchment paper

In a large bowl, combine the flax and water to create your flax egg. Fold in the sweet potato and onion.

In a small bowl, mix the flour, baking powder, salt, and spices. Stir into the sweet potato mixture. Mix well to evenly coat the vegetables. I encourage you to use your hands here and mix the ingredients well.

Preheat oven to 375 degrees. Line a large baking sheet with parchment paper and coat with oil.

Form 6-7 disks by scooping 1/2 cup of the mixture and form with your hands about the size of a veggie burger. Flatten and form by pushing in the edges while patting down middle until you have a well-formed disk.

Place all patties on the parchment paper and bake for 20 minutes. Flip and cook an additional 15 minutes.

Serve hot and freeze extras