



Three Sisters Pumpkin Patties

Yield: 5 Servings | Serving Size: 6.5 oz

Ingredients:

- 1 small onion, diced
- 2 cloves garlic, minced
- ½ cup corn (fresh, frozen or canned)
- 1 cup of pumpkin puree (or other winter squash puree)
- 1 can beans (white, cannellini, black, pinto)
- 1 cup cornmeal
- 1 egg
- Salt and pepper to taste

- Oil for cooking

Nutrition Facts	
Amount per	
1 serving (6.5 oz)	186 g
Calories 508	From Fat 39
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 124mg	41%
Sodium 34mg	1%
Total Carbohydrates 94g	31%
Dietary Fiber 16g	65%
Sugars 4g	
Protein 24g	49%
Vitamin A 11% • Vitamin C 7%	
Calcium 13% • Iron 32%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Directions:

- 1) Saute onions over medium heat until translucent, 5-6 minutes. Add garlic and cook until fragrant, about 1-2 minutes. Last, add corn and cook for an additional minute, until heated through. Remove from heat and set aside to cool.
- 2) In a mixing bowl, mash the beans with a potato masher or two forks. Add the pumpkin and sauteed veggies.
- 3) Form a well in the center of the bean and pumpkin mixture. Add the egg to the well and beat lightly before incorporating throughout the mixture. Season with salt and pepper. Add cornmeal and mix until combined.
- 4) Refrigerate for 30 minutes or until mixture is fairly thick
- 5) Portion out the patties so they are roughly the size of the palm of your hand. You can use a $\frac{1}{4}$ cup measure if desired.
- 6) To cook on the stovetop: heat a heavy frying pan over medium/medium-high heat. Add enough oil to cover the bottom of the pan. In batches, cook patties for 4 minutes on each side, or until golden brown and crispy. To cook in the air fryer: Heat to 350°F. Cook patties for 10-12 minutes, flipping halfway through.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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