



# Veggie Croquettes with Sweet Potatoes

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 8 to 10 croquettes

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

## INGREDIENTS

- 1 cup cooked rice
- 227 g (1/2 lb) crumbled tofu
- 125 ml (1/2 cup) sunflower seeds (grind them in coffee grinders)
- 125 ml (1/2 cup) pumpkin seeds
- 125 ml (1/2 cup) breadcrumbs\*
- 250 ml (1 cup) grated sweet potatoes
- 185 ml (3/4 cup) finely chopped peppers
- 185 ml (3/4 cup) finely chopped mushrooms
- 1 garlic clove, minced
- 2 eggs, beaten
- 2.5 ml (1/2 tsp) basil
- 2.5 ml (1/2 tsp) marjoram
- 2.5 ml (1/2 tsp) oregano
- 45 ml (3 tbsp) gluten-free Tamari sauce

## PREPARATION

1. Preheat the oven to 350 °F (180 °C).
2. In a large bowl, combine all ingredients.
3. Cover a baking sheet with parchment paper and brush with oil. Shape the mixture into croquettes and place on oiled parchment paper.
4. Bake on the centre rack for 30 to 40 minutes and turn the croquettes halfway through cooking. They will be ready when they are golden.



## TIP

\*Don't have breadcrumbs on hand? The best way to always have some ready is to prepare them in advance (with your leftover bread, for example). Dry slices of bread in the oven at 120 °C (250 °F). When the bread is really dry, simply crumble it in a blender. And that's it! Keep your breadcrumbs in a glass jar for your next use.

## VARIATION

These croquettes are delicious served in hamburger bun, or topped with tomato sauce or homemade brown sauce. Once cooked, you can also freeze them to always have them on hand.

## NUTRITION FACTS

Per portion: 2 croquettes 340 Calories

Fat: 22 g	34 %
Saturated 3 g	
Trans 0.1 g	16 %
Polyunsaturated: 8 g	
Omega-6: 7 g	
Omega-3: 0.2 g	
Monounsaturated: 7 g	
Cholesterol: 75 mg	
Sodium: 420 mg	18 %
Carbohydrate: 27 g	9 %
Fibres: 4 g	16 %
Sugars: 3 g	
Protéines: 19 g	
Vitamin A	35 %
Vitamin C	80 %
Calcium	10 %

Iron	30 %
Copper	40 %
Magnesium	80 %
Manganese	100 %