

California Wild Rice Cakes with Sweet Potato, Almond, and Dried Cranberries

*Created by Research Chef Kelley Heldt
San Rafael, California
3rd place winner Sides division*

Ingredients:

4 tablespoons olive oil, divided
2 cups chopped sweet yellow onion
1 teaspoon kosher salt
3/4 cup chopped celery
3 cups **cooked** California wild rice
1 (15-ounce) can sweet potatoes, drained and mashed
1/2 cup finely chopped dried cranberries
1/4 teaspoon chili powder or ground red pepper, (optional)
1 1/4 cups almond meal*



Cooking Instructions:

In a large skillet, heat 2 tablespoons olive oil over medium heat. Add onions and salt; cook, stirring frequently, for 8 to 10 minutes, or until onions are almost caramelized. Add celery, and cook for 3 minutes, or until celery is tender. Spoon mixture into a large bowl. Add California wild rice, mashed sweet potatoes, cranberries, and chili powder or ground red pepper, if desired.

Add almond meal, 1/4 cup at a time, stirring until almond meal is absorbed after each addition.

Form mixture into 12 (2 1/2-inch) patties.

Preheat oven to 425°. Line a large baking sheet with parchment paper.

In a large skillet, heat 1 tablespoon olive oil over medium heat. Add 6 rice cakes, and cook for 2 minutes on each side, or until light brown. Place on prepared baking sheet. Wipe skillet clean; repeat procedure with remaining 1 tablespoon olive oil and 6 rice cakes.

Bake for 20 to 25 minutes or until golden brown. Let cool for 5 minutes before serving.

*If almond meal is unavailable, grind sliced almonds in a food processor to equal 1 1/4 cups.

~ Recipe makes 6 Servings ~



“In this day and age of dietary concerns, I get many requests for comfort food prepared with high fiber grain alternatives in place of traditional simple carbohydrates like pasta and white rice. California wild rice is a versatile grain with a nutty flavor that works well in soups, salads, risotto, rice cakes & veggie burgers.”

~ Research Chef Kelley Heldt ~