

Sweet Potato and Black Rice Veggie Patties

Yield: 14 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-purple-rice-sweet-potoato-recipe>

Ingredients:

- 2 1/2 sweet potatoes medium sized, peeled and chopped into quarters
- 3/4 cup black rice
- 1 purple onion small, diced
- 1 capsicum small green, bell pepper, diced
- 1 capsicum small yellow, bell pepper, diced
- 2 spring onions diced
- 4 asparagus stalks, chopped
- herbs
- parsley
- rosemary
- oregano
- 2 teaspoons garlic powder
- 2 teaspoons turmeric powder
- 2 teaspoons cumin powder
- 1 teaspoon paprika powder
- 1/2 teaspoon ginger powder
- salt
- pepper
- 2 tablespoons coconut oil for frying

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 17 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 2 grams

7. Sodium: 75 milligrams

8. Sugar: 2 grams

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