

Sweet Potato Sliders

Prep time: 15 minutes **Cook time:** 10 minutes **Serves:** 8 sliders

Ingredients

- 1 medium sweet potato, peeled and diced
- 1 15- ounce can cannellini beans rinsed and drained
- 1 ½ cups whole wheat panko bread crumbs
- 1 large egg (can replace with [flax egg](#))
- 2 tablespoon grated Parmesan cheese (or nutritional yeast if dairy-free)
- 1 tablespoon grated lemon zest
- ¼ teaspoon iodized sea salt
- ½ teaspoon freshly cracked black pepper
- ½ teaspoon smoked paprika
- ½ teaspoon dried oregano
- 2 tablespoons extra virgin olive oil
- Slider buns, toasted (optional)
- Assorted toppings: sliced avocado, mixed greens, caramelized onions, tomatoes (sundried or fresh), roasted peppers

Directions:

1. Bring a small pot of water to a boil. Add the diced sweet potatoes and cook until fork tender, 5-7 minutes. Drain sweet potatoes and transfer to food processor*. Add the cannellini beans, bread crumbs, egg, Parmesan, lemon zest, salt, pepper, paprika and oregano. Pulse for 1 minute until mixture is fully incorporated and smooth.
2. Remove the sweet potato mixture from the food processor and divide it into slider sized portions.
3. Heat the olive oil in a large skillet over medium heat. Add the sweet potato patties to the oil once shimmering and cook until golden brown, 4 minutes per side. Transfer each patty on a burger bun or salad.
4. Add additional toppings as desired and get creative! Serve immediately.

*Note: If you don't have a food processor, you can mix and mash ingredients with a fork or with your hands.