



DR. SINATRA'S LIGNAN-RICH BEAN CROQUETTES

Bean croquettes are a fun dish to prepare. They're a [delicious fusion of Asian and Mediterranean tastes](#), and they're a conversation piece because the name comes from the French *croquant* (which means crunchy or crisp.) Popular in Europe, they are often [eaten while on the go](#). Once you learn the technique, apply it to other minced ingredients, such as seafood or healing vegetables. Complete the meal with a side of steamed [broccoli](#) and a spicy tomato soup.

Choose organic items whenever possible

- ½ cup minced white [onions](#)
- 12 ounces canned beans, such as white, lima or black beans, drained and rinsed
- ½ cup whole-wheat breadcrumbs
- ¼ cup finely grated Parmesan cheese
- 2 tablespoons fresh parsley
- ½ teaspoon [curry powder](#)
- 1 omega-3 egg
- ½ cup pomegranate juice
- ½ cup canned mandarin orange segments
- 1 teaspoon minced garlic
- 1 tablespoon sesame oil

Place an oven rack on the middle shelf of the oven and preheat to 350°F. In a blender, combine the onions, beans, breadcrumbs, cheese, parsley, curry and egg. Pulse until a paste has formed. Form into 10 balls, 2 tablespoons of the mixture for each. Set them on a baking sheet. Bake for 15 minutes. The croquettes are done when they are slightly firm and golden. Remove from the oven. Egg might have seeped out from some of the croquettes, because there is very little binder. To prepare the dipping sauce, combine the pomegranate juice, mandarin oranges, garlic and sesame oil in a small bowl. Mix gently so as not to break up the orange segments. Set aside. Place two croquettes on each of five plates, drizzle with the dipping sauce and serve. Serves 5 (2 croquettes each).

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