

# New Year's Eve Veggie Croquettes Recipe

Got New Year's Eve plans yet?



If you're going to a party, or hosting one yourself, I've got the perfect recipe to share with a crowd today.

These quinoa, bean, and veggie croquettes are so delicious, especially when you dip them in the smoky, zesty dipping sauce. People will be asking you to share your recipe for sure.

These croquettes are so good for you, you'll be able to eat them all winter long if you'd like. They take a little extra time to prepare (although no longer than lots of recipes that aren't as healthy), but they are worth it.

*Watch for my blog post on Thursday when I'll share how you can lose belly fat this year without making a resolution!*

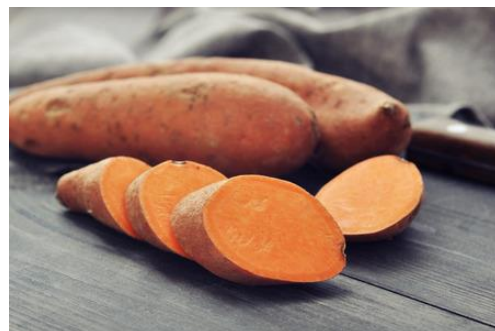
Feel free to substitute chickpeas for the navy beans if you'd like. If you're not a fan of cilantro or cumin, you can leave one of those out and still love how these taste.

Give it a try and let me know what you think over on [Facebook](#).

## VEGGIE CROQUETTES WITH DIPPING SAUCE

*Ingredients [Serves 4]*

- 1 cup cooked quinoa
- 2 sweet potatoes, peeled and diced
- 1 small red onion, diced
- 1 red bell pepper, diced
- 2 carrots, peeled and diced
- 5 garlic cloves, minced
- ½ cup cilantro, chopped
- 1 can navy beans (I use Eden's Organic, rinse well)
- ½ cup hemp seeds
- 4 tbsp. coconut oil
- 2 tsp. oregano
- 2 tsp. cumin
- 1 lime, freshly juiced
- Sea salt to taste (Celtic Grey, Himalayan, or Redmond Real Salt)
- Black pepper to taste



## *Dipping Sauce*

1 cup of almonds, soaked (2-4 hours or overnight)  
1 ½ tsp. smoked paprika  
1 garlic clove, smashed  
2 tbsp. onion, minced  
1 lemon, freshly juiced  
½ cup filtered water  
2 tbsp. extra virgin olive oil  
¼ tsp. cayenne pepper (optional)

### **Preparation:**

Prepare quinoa according to package directions.

Place diced sweet potato in a steamer basket or pot. Steam until soft. Mash the sweet potato and set aside. In a large sauté pan on medium heat, melt the 2 tbsp. of coconut oil. Add the onion and garlic and sauté for about 5 minutes until translucent.

Next, add in the red bell pepper and carrots. Cook for another 5 minutes and place contents of pan into a large bowl. Mix in quinoa, beans, seasoning including lime and cilantro, and mashed sweet potato. Stir ingredients until completely combined (you may even want to use your hands).

Form mixture into croquettes and place on a plate. Now, heat remaining 2 tbsp. of coconut oil over a medium flame in same sauté pan used previously. Brown croquettes, turning once. These croquettes are delicate so be gentle when turning and taking out of pan.

Place all ingredients for the dipping sauce into a food processor or blender. Blend until creamy and smooth. If too thick add a tbsp. of water, one at a time, until desired consistency is reached. Season with salt and pepper to taste. Serve on the side.

### **Want to prevent a hangover tonight?**

**Don't forget to take Daily Minerals before bed and Daily Greens when you wake up!**

[Alkamind Daily Greens](#) delivers 5 whole servings of raw super foods in less than 30 seconds to energize and boost your focus.

[Alkamind Daily Minerals](#) delivers the 4 most powerful ACID-FIGHTING minerals – calcium citrate, magnesium glycinate, potassium bicarbonate, and sodium bicarbonate,



all from medical grade, premium quality sources unlike most other supplements. So you'll sleep better and wake up feeling energized and refreshed.