



Veggie Croquettes *Makes 15 Croquettes*

Ingredients

3 tablespoons olive oil
½ medium red pepper, chopped very small (½ cup)
1 medium carrot, chopped very small (½ cup)
3-4 shitake mushrooms, chopped very small (½ cup)
½ medium onion, chopped very small
1 cup cooked (canned) chic peas, well mashed (with masher, fingers or fork)
½ cup cooked millet*
¾ teaspoon garam masala (Indian spice mix)
1 teaspoon shoyu (naturally fermented soy sauce)
¼ cup walnuts, chopped small
salt
1 egg, lightly beaten

Procedure

1. In a large skillet, cook peppers, carrots, mushrooms, onions and a pinch of salt in olive oil over low-medium heat for five minutes.
2. Add mashed chic peas, millet, walnuts, garam masala and shoyu. Cook over low-medium heat, stirring well to combine ingredients and flavors. Taste for flavor, adding more salt or shoyu if necessary. Make sure the flavor is bold!
3. Take off heat and let cool until you can touch it. Then stir in egg so it all comes together.
NOTE: At this point, you could keep the mixture in the fridge, covered, for a few hours or overnight.
4. Using your palms, roll small oblong-shaped croquettes, making sure to flatten them a bit. Lay them on a lightly oiled sheet tray.
5. Brush each croquette very lightly with olive oil.
6. Bake them in a preheated oven for about 30 minutes, until they are browned and crispy outside.
7. Best served at room temperature with raita (recipe attached) for a nice flavor contrast.

*To cook millet, combine ¼ cup dry millet with ¾ cup water in a small pot and cook, tightly covered, for about 20 minutes. Then remove lid and continue cooking, stirring, until all water is absorbed.

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