



Makes 4 cakes
Preparation Time: 25 minutes
Cook Time: 5 minutes

INGREDIENTS:

1 cup no-salt-added chickpeas, undrained

¼ cup packed fresh parsley

¼ cup packed fresh cilantro

¼ cup lemon juice

1 medium shallot, chopped

1 clove garlic, chopped

1½ cups cooked sweet corn kernels

2 tablespoons chickpea flour

½ teaspoon ground coriander

½ teaspoon sea salt

⅛ teaspoon cayenne pepper

½ cup whole wheat panko bread crumbs

1½ cups chopped peeled and seeded tomatoes

½ cup chopped peeled apple

¼ cup chopped sweet onion

4 teaspoons date sugar

½ teaspoon curry powder

¼ teaspoon freshly ground black pepper

Chickpea and Corn Fritters with Tomato-Corn Chutney

Get a double dose of sweet corn with wholesome chickpea fritters that are studded with golden kernels and topped with a tangy tomato-corn chutney. Parsley and cilantro lend their herbal goodness to the patties, which get rolled in breadcrumbs and baked to crispy perfection. The homemade chutney features chunks of **juicy apples** and warming curry powder for a delicious complement to the savory fritters. Add a dollop on top and call it a day! Serve these as a scrumptious appetizer to kick-off your next **dinner party** or enjoy with a side salad for lunch.

By Shelli McConnell

- 1** Preheat oven to 375°F. Line a baking sheet with foil. Drain chickpeas, reserving liquid (aquafaba). Rinse chickpeas; drain.
- 2** In a food processor combine the rinsed chickpeas, parsley, cilantro, 3 tablespoons of lemon juice, the shallot, and garlic. Cover and pulse until blended but not into a paste. Transfer to a bowl. Stir in 1 cup corn kernels, the chickpea flour, coriander, sea salt, and cayenne pepper; mix well. If mixture is too dry, add aquafaba, 1 tablespoon at a time, until mixture holds together. Shape mixture into four ½-inch-thick cakes. Dredge each fritter in bread crumbs to coat.
- 3** Place fritters on prepared baking sheet. Bake 15 to 20 minutes or until browned, turning once.
- 4** For Tomato-Corn Chutney, in a medium saucepan combine tomatoes, apple, the remaining ½ cup corn kernels, the sweet onion, the remaining 1 tablespoon lemon juice, the date sugar, curry powder, and black pepper. Cook over medium 10 minutes or until thickened, stirring often. Let cool. Transfer to an airtight container; refrigerate up to 3 days.
- 5** Once the fritters are out of the oven, top them with Tomato-Corn Chutney.