



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Hoppin John Cakes with Kickin' Sauce

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Blackeyed peas, canned		2 #10 cans
Olive oil		12 oz
Cajun Seasoning		1 oz
Black pepper		1 Tbsp
Long grain brown rice		4 quarts
Paprika		4 Tbsp
French dressing (reduced fat)		1 cup
Hot pepper sauce		1/4 cup
Green bell pepper, diced		1 oz
Red bell pepper, chopped		1 oz
Salsa, jarred, ready to eat		1 Tbsp

Directions

1. Drain blackeyed peas.
2. Mix cooked brown rice with blackeyed peas and place in mixer with paddle add seasonings. Mix until blended.
3. Form patties with a #8 scoop onto a sheet pan greased with olive oil.
4. Place patties in a hot oven at 400 degrees F.
5. Cook until browned on one side and turn patties with a spatula.
6. Cook until browned on other side.
7. Cook to an internal temperature of 165 degrees F for 15 seconds.
8. Mix sauces and diced peppers.
9. Serve 2 Tablespoons Kickin' Sauce over each pattie.

Notes

Serving Tips:

Hoppin John Cakes with Kickin' Sauce is a delicious southern treat. A twist on the traditional this is a grab and go way to eat your Hoppin Johns.

My Notes

Source: Florence Chapel Middle School (Recipes for Healthy Kids Challenge)

