

Creole Chicken Croquettes



Ingredients

- 1/2 medium-size red bell pepper, diced
- 4 green onions, thinly sliced
- 1 garlic clove, pressed
- Vegetable cooking spray
- 3 cups chopped cooked chicken breast
- 1 cup almond meal
- 1 large egg, lightly beaten
- 2 tablespoons light mayonnaise
- 1 tablespoon Creole mustard
- 1 teaspoon Creole seasoning
- 9 cups popped popcorn
- -1 cup roasted, chopped almonds or peanuts
- 1/2 cup honey or maple syrup
- 1/2 cup unsweetened almond butter or chunky peanut butter
- Pinch sea salt
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon cinnamon

Creole Sauce

- 1 stick (1/2 cup) salted butter
- 1/4 c chopped onions
- 1/4 cup chopped celery
- 1/4 cup diced green peppers
- 1/2 cup all-purpose flour
- 4 1/2 cups whole milk
- 2 teaspoons salt
- 1 1/4 teaspoons paprika
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 3/4 tablespoon dried oregano
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/3 cup plus 2 teaspoons white vinegar

Method

Sauté first 3 ingredients in a nonstick skillet coated with cooking spray 4 minutes or until vegetables are tender. Wipe skillet clean.

Stir together bell pepper mixture, chicken, and next 5 ingredients in a bowl. Shape chicken mixture into 8 (3 1/2-inch) patties. Cover and chill 15 minutes.

Cook patties, in 2 batches, in skillet coated with cooking spray over medium heat 3 minutes on each side or until golden.

Serve immediately with Creole Sauce.

Creole Sauce:

Melt the butter on low heat stir in vegetables and sauté until translucent. Stir in the flour, incorporating it thoroughly until smooth. Slowly add the milk, stirring constantly. Cook on low-medium heat, stirring regularly, until it reaches a silky, creamy consistency. Whisk in the salt, paprika, garlic powder, onion powder, oregano, cayenne, nutmeg and cloves. Cook for 5 minutes. Whisk in the vinegar, adding slowly. Cook for another 5 minutes. Blend with immersion blender. Serve.