



Crispy Quinoa Cakes

These simple Crispy Quinoa Cakes are a simple versatile dish! They're a great meatless, protein rich option that even meat eaters will love!
Makes about 20 patties

INGREDIENTS

- 2 2/3 cups cooked quinoa
- 4 eggs
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/8 tsp chilli flakes (optional)
- 4 tbsp chopped parsley
- 1/2 cup onions, finely chopped
- 1/3 cup Romano cheese, grated
- 2-3 cloves garlic, finely chopped
- 3/4 cup regular or gluten free bread crumbs
- 1/4 cup shredded carrot
- 1/4 cup shredded zucchini
- 1 tbsp oil



INSTRUCTIONS

1. In a large bowl combine quinoa, eggs, salt and pepper and mix well. Add in the parsley, onions, Romano cheese, garlic and bread crumbs and continue to mix. Finally, add in the shredded carrot and zucchini (or other vegetables of choice).
2. Using your hands, begin to create small patties using about 2 tbsp of the mixture. If the patties are too dry, add a few drops of water. If they are too wet, add some more bread crumbs.
3. Heat a frying pan on medium heat. Add the oil. Place 7 or 8 small patties in the pan and cook about 10 minutes, until the bottom is browned. Gently flip with a spatula and cook about 5 minutes until browned. Continue to cook the rest of the patties. Add more oil between batches if needed.
4. Serve plain, with ketchup, on wraps, in place of hamburger patties and more! These taste great the next day heated up for lunches or freeze them for later enjoyment.

TIP: Play with the flavours using your favourite herbs and spices, different veggies and different cheeses!

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