

Quinoa Cakes

Yield: 4 servings

Ingredients

2 each sweet potatoes, peeled and cut into spears

1/2 cup uncooked quinoa

1 each egg

2 cloves garlic, minced

3 ounces Gruyère or Parmesan cheese, shredded

1 tablespoon parsley, finely

chopped

GRC

1/2 teaspoon sea salt

1/2 teaspoon ground black pepper

⅓ teaspoon nutmeg

1 tablespoon olive oil

Instructions

1. Heat oven to 375 degrees.

- 2. Place the potatoes on a greased baking sheet.
- 3. Bake for 45 minutes or until potatoes are completely soft.
- 4. Meanwhile, cook quinoa according to package directions. Set aside to cool.
- 5. In a large bowl, combine cooked potatoes, cooked quinoa, egg, garlic, cheese, parsley, salt, pepper and nutmeg.
- 6. Heat 2 tablespoons of olive oil in a large saucepan. Form half of the quinoa mixture into patties and place in the pan.
- 7. Cook until cakes are golden brown.
- 8. Place cooked patties on a baking sheet. Repeat process with remaining oil and quinoa mixture.
- 9. Bake cakes in the oven for 5 minutes to ensure they are completely heated.

Nutrition Information

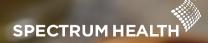
Serving Size: 1 cake Calories: 264 Total Fat: 11.5 g Saturated Fat: 4.5 g Sodium: 572.8 mg Total Carbohydrate: 27 g Dietary Fiber: 3.5 g Sugars: 3.9 g Protein: 13.5 g

Source: Health Meets Food

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