

Quinoa Cakes

Yield: 4 servings

Ingredients

2 each sweet potatoes, peeled and cut into spears
 ½ cup uncooked quinoa
 1 each egg
 2 cloves garlic, minced
 3 ounces Gruyère or Parmesan cheese, shredded
 1 tablespoon parsley, finely chopped
 ½ teaspoon sea salt
 ½ teaspoon ground black pepper
 ⅛ 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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