

Vegetarian Quinoa Patties

Quinoa is well on its way to being dubbed supergrain of the millennium. This whole grain is high in fiber and contains a high-quality protein similar to that found in meat.

Serves: 12 small patties

Time: 55 minutes

Ingredients

- 2 1/2 cups (12 oz / 340 g) cooked quinoa, at room temperature
- 4 large eggs, beaten
- 1/2 teaspoon fine-grain sea salt
- 1/3 cup (0.5 oz / 15 g) finely chopped fresh chives
- 1 yellow or white onion, finely chopped
- 1/3 cup (0.5 oz / 15 g) freshly grated Parmesan or Gruyère cheese
- 3 cloves garlic, finely chopped
- 1 cup (3.5 oz / 100 g) whole grain bread crumbs
- Water, if needed
- 1 tablespoon extra-virgin olive oil or clarified butter



To Cook Quinoa:

1. Combine 2 cups (12 oz / 340 g) of well-rinsed uncooked quinoa with 3 cups (700 mL) water and 1/2 teaspoon fine-grain sea salt in a medium saucepan.
2. Bring to a boil, cover, decrease the heat, and simmer for 25 to 30 minutes, until the quinoa is tender and you can see the little quinoa curlicues.

Directions:

1. Combine the cooked quinoa, eggs, and salt in a medium bowl. Stir in the chives, onion, cheese, and garlic. Add the bread crumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture. At this point, you should have a mixture you can easily form into twelve 1-inch (2.5 cm) thick patties.
2. Heat the oil in a large, heavy skillet over medium-low heat. Add 6 patties, if they'll fit with some room between each, cover, and cook for 7 to 10 minutes, until the bottoms are deeply browned. Turn up the heat if there is no browning after 10 minutes and continue to cook until the patties are browned. Carefully flip the patties with a spatula and cook the second sides for 7 minutes, or until golden. Remove from the skillet and cool on a wire rack while you cook the remaining patties. Alternatively, the quinoa mixture keeps nicely in the refrigerator for a few days; you can cook patties to order, if you prefer. This recipe can also be done on the BBQ as well.



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