Michele Sodon

# QUINOA CAKES
## WITH LEMON, OLIVE & PARSLEY

SALTY OLIVE, TART LEMON, BRIGHT PARSLEY, AND QUINOA. THIS IS A SUPER GRAIN, PROTEIN-PACKED AND SLIGHTLY CRUNCHY DISH, WITH A DELIGHTFULLY NUTTY FLAVOR.

### NUTRITION PER SERVING:

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| **CALORIES** | 200 |
| **PROTEIN** | 9.6 G |
| **CARBOHYDRATE** | 22.4 G |
| **TOTAL FAT** | 8.3 G |

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| **PREP TIME:** | 15 MINUTES |
| **COOK TIME:** | 30 MINUTES |

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| **YIELD:** | 6 SERVINGS |
| **SERVING SIZE:** | 2 CAKES |

### INGREDIENTS:

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| **1½ C** | RAW QUINOA |
| **2¼ C** | WATER |
| **½ TSP** | SALT |
| **4** | LARGE EGGS, BEATEN |
| **1** | MEDIUM YELLOW ONION, FINELY CHOPPED |
| **4** | CLOVES GARLIC, FINELY CHOPPED |
| **½ C** | GRATED PARMESAN CHEESE |
| **1/3 C** | COARSELY CHOPPED GREEN OR KALAMATA OLIVES |
| **1/3 C** | CHOPPED PARSLEY |
| **1 TBSP** | LEMON ZEST |
| **1 C** | PANKO BREAD CRUMBS |
| **½ TSP** | SALT |
| **½ TSP** | COARSELY GROUND BLACK PEPPER OR CRUSHED RED PEPPER FLAKES |
| **1 TBSP** | WATER |
| **2 TBSP** | OLIVE OIL |

*01* Place dry quinoa in a fine mesh strainer and rinse under cool water for a few minutes.

*02* Place quinoa, water, and 1/2 teaspoon salt in a medium saucepan. Stir over medium heat and bring to a gentle boil.

*03* Cover, decrease the heat, and simmer for about 25 to 30 minutes, or until the quinoa is tender but still has a bit of crunch Remove from heat and allow to cool to room temperature. You'll need 3 cups of cooked quinoa for the recipe.

*04* In a small bowl, whisk eggs. Set aside.

*05* In a large bowl, mix together onion, garlic, cheese, olives, parsley, lemon zest, bread crumbs, salt, pepper, and cooled quinoa. Add eggs and stir until quinoa is evenly moistened. Add water to thoroughly moisten mixture. Quinoa should be slightly wet so it doesn't dry out during cooking.

*06* Scoop out mixture by the 2 tablespoonful. Use clean, moist fingers to form into a patty.

*07* Heat olive oil in a large skillet over medium low heat. Add four to six patties to the hot pan.

*08* Cook on each side until browned, about 4 to 5 minutes on each side (medium-low heat). Remove browned cakes to a paper towel lined plate and repeat with remaining quinoa mixture.

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