



Crispy Quinoa Spinach Cakes

Recipe

Serves 6

Ingredients

- ◆ 1/2 teaspoon olive oil, to sauté spinach
- ◆ 2 Garlic cloves, minced
- ◆ 3 cups, fresh baby spinach
- ◆ 1 1/4 cup Quinoa, cooked
- ◆ 1 large egg
- ◆ 1 tablespoon smoked paprika
- ◆ 1/2 tablespoon ground cumin
- ◆ 1/2 teaspoon kosher salt
- ◆ 1/4 teaspoon pepper
- ◆ 2 1/2 Tablespoon Olive oil
- ◆ 1/4 cup Plain, nonfat yogurt
- ◆ 1 teaspoon Lemon juice
- ◆ 1/4 teaspoon lemon zest
- ◆ 1 teaspoon dried parsley
- ◆ 1 teaspoon dried mint
- ◆ 1 teaspoon dried oregano

Directions

1. Add olive oil and garlic into a medium sauté pan. Heat over medium heat just until garlic begins to sizzle. Add spinach and cook just until leaves begin to wilt.
2. Remove from heat and set aside to cool.
3. In a mixing bowl combine remaining ingredients and cooked spinach. Taste and adjust seasoning as needed.
4. Form the quinoa mixture into small patties, about 6 cakes. Refrigerate cakes for 30 minutes.
5. In a small sauté pan heat 1 teaspoon of olive oil and cook cakes 3-4 minutes on each side. You can also bake the cakes in a 400 degree oven for about 20 minutes, lipping half way through. Serve with yogurt.

Nutritional Information



225 grams ~ 1 cup
 % based on Daily Value
 *based on a 2,000 calorie diet

Nutrition

Serving Size: **66 grams (1 cake)**
 Calories **92**
 Calories from fat **21**
 Total Fat **2.3 grams (4%)**
 Cholesterol **31 mg (10%)**
 Sodium **210 mg (9%)**
 Total Carbohydrate **14 grams (5%)**
 Dietary Fiber **2.1 grams (9%)**
 Sugars **0.8 grams**
 Protein **5.0 grams**

Vitamins

Vitamin A: **14%**
 Vitamin C: **5%**
 Calcium: **2%**
 Iron: **10%**

Nutritional Grade

A