

## **Baked Quinoa Patties**

Adapted from 101 Cookbooks

### **Ingredients:**

1 1/4 cups cooked quinoa, at room temperature\*  
2 large eggs, lightly beaten  
1/4 teaspoon fine-grain sea salt  
2 Tablespoons herbs (your choice: basil, chives, parsley, sage, oregano)  
1/4 cup pomegranate arils  
1/2 cup finely chopped kale or other greens  
1/2 yellow or white onion, finely chopped  
1-2 cloves garlic, finely chopped  
1/2 teaspoon cumin or other spice you like  
1/2 teaspoon baking powder  
1/2 cup whole grain bread crumbs, plus more if needed  
water or a bit of flour, if needed  
1/4 cup shredded cheese (Cheddar or parmesan)  
1 tablespoon extra-virgin olive oil

### **Prep:**

- Chop onions
- Cut pieces of cheese for grating
- Line baking sheets

### **Directions:**

Preheat oven to 400F.

Combine the quinoa, eggs, and salt in a medium bowl. Stir in the chives, dill, greens, pomegranate, onion, garlic, and cumin. Stir well.

Add the baking powder and bread crumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture.

Gently stir in the cheese.

At this point, you should have a mixture you can easily form into twelve 1-inch / 2.5cm thick patties. I err on the very moist side because it makes for a not-overly-dry patty, but you can add more bread crumbs, a bit at a time, to firm up the mixture, if need be. Conversely, a bit more beaten egg or water can be used to moisten the mixture. If you're still having trouble getting the mixture to hold - mix in flour, a couple tablespoons at a time.

Oil a baking sheet, and arrange the patties with a bit of space between each. Bake for ~20 minutes, or until the bottoms are brown. Flip and bake for another 5 minutes.

Enjoy hot, or allow to cool to room temperature on a cooling rack.

Makes about a dozen patties.