

Health Is Best: Cauliflower Quinoa Patties

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Cooking and Prep:  30
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Serves:  3

Contains: 

Preference: Dairy

Difficulty: Medium

Diet: Vegetarian, Gluten Free,
Low Fat, Sugar Free

Source: Kosher.com

Exclusive

Quinoa is an edible seed that has become very trendy among health conscious people. It is loaded with many important nutrients. One-fourth cup of dry quinoa contains 160 calories, 2.5 grams of fat (0 grams saturated and trans fat), 0 grams of cholesterol and sodium, 27 grams of carbohydrate (3 grams of fiber and 0 grams of sugar), and 6 grams of protein. It is non-GMO, gluten-free and usually grown organically. One common misconception that people have is that they think quinoa is a protein. With 8 grams of quality protein per cup, quinoa is an excellent plant-based protein source for vegetarians and vegans. However, it is considered a whole grain food. It is important to incorporate whole grains into your diet. Whole grains include the entire intact grain seed without removing any of its parts. In contrast, when grains are refined like white bread, white rice, and white pasta, they have been processed to create a finer, lighter texture. Doing this removes most of the fiber and important nutrients. Whole grains like quinoa provide essential vitamins, minerals, and fiber, which help to regulate the digestive system and to keep you fuller and more satisfied. White pasta, white rice, and white bread essentially provide us with simple carbohydrates that are quickly digested but little nutritional value. There are many ways to incorporate quinoa in your diet. Just use it in place of rice in any recipe. Quinoa also tastes great served as a cold salad. Just throw in some cucumbers, tomatoes, onion or any other of your favorite veggies and top with a light olive oil dressing and enjoy! The recipe for quinoa patties I created is one in which quinoa can be

served as a main dish. These quinoa patties are delicious and taste great broken up in a salad or served on whole wheat bread with chummus in a sandwich.

These patties make a very satisfying meal and are great if you're in the mood of a light vegetarian dinner. I actually came up with the idea for these patties when I had only a small amount of leftover quinoa from another night's dinner. Never throw out your leftovers- be creative and come up with another healthy meal!

Ingredients (9)

Main ingredients

- 3 Dorot Gardens Frozen Basil cubes
 - black pepper, to taste
 - 1 and 1/2 cups cooked cauliflower florets
 - 1/2 cup canned corn
 - 3 eggs
 - 1/4 cup feta cheese
 - garlic, to taste
 - 1/2 cup sauteed onions (*optional*)
 - 1 cup cooked quinoa
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Start Cooking

Prepare the Patties

1. Cook quinoa and cauliflower as directed on package. Drain all liquid.
2. Add remaining ingredients and mix together.
3. Heat frying pan and spray with non stick cooking spray (like Pam).
4. Spoon some of mixture into pan and cook on each side for about four minutes. Keep the fire on very low flame the entire time.
- 5.

Remove from fire and serve with side of salad or in a sandwich.

Note:

Yields: 10 patties

5 patties is a serving of protein AND a serving of carbohydrate