

## QUINOA CAKES WITH SWEET POTATOES

From Jen Welper's cookbook, "Cook Smart, Eat Well: Mayo Clinic Recipes and Strategies for Healthy Living."

**Serves: 6-7**

### INGREDIENTS:

2 cups	Quinoa, cooked
2 cups	Sweet potato, cooked, mashed
2 each	Eggs
3 cloves	Garlic, minced
6 ounces	Gruyere or parmesan cheese, shredded
1 tsp.	Salt
¼ tsp	Black pepper
¼ tsp	Nutmeg
2 T.	Parsley, fresh, chopped very fine
2 T.	Olive oil for searing

### PREPARATION:

- Preheat oven to 375F. Spear sweet potatoes then bake in oven for about 45 minutes or until they are completely soft and cooked. Cook quinoa, then let cool.
- Once sweet potatoes are baked allow to slightly cool until able to handle. Mix cooled quinoa, sweet potatoes, eggs, garlic, cheese, salt, pepper, nutmeg and parsley.
- Preheat sauté pan with 1 tablespoon of olive oil unless you have very large sauté pan for all quinoa cakes. Form quinoa cakes into ¼ cup patties and then sear in pan until golden brown on each side. To ensure heated through patty you may bake in oven for additional 5 minutes.

**Chef's Note:** This recipe should make 14 ¼ cup patties and if serving as a main meal 2 quinoa cakes would be more meal size.

Calories: 260 for 2 quinoa cakes, Protein 12 grams, Carbohydrates 26g, Fat grams 12, Sodium 340mg, Fiber 4 grams.