



## Crispy Quinoa Cakes

*Vegan, gluten-free, nut-free, refined sugar-free, soy-free*

Crispy quinoa cakes are packed with vegetables like kale, sweet potato, sun-dried tomatoes, and more! Enjoy these as part of breakfast, lunch, or dinner. They are great as a side-dish, on top of a salad, or enjoyed all by itself as a snack. It's important to make sure the vegetables are finely chopped for this recipe. If the pieces are too large, the patties won't stick together as well. Recipe inspired by Vegetarian Times.

Recipe makes: 1 dozen cakes      Prep Time: 20 Minutes -- Cook Time: 25 Minutes

### **Ingredients:**

1 1/2 cups cooked quinoa  
2 tablespoons ground flax + 6 tablespoons water  
1 cup destemmed and *finely chopped* kale  
1/2 cup rolled oats, ground into a flour (see tips below for grinding it into flour)  
1/2 cup finely grated sweet potato  
1/4 cup finely chopped oil-packed sun-dried tomatoes  
1/4 cup sunflower seeds  
1/4 cup fresh basil leaves, finely chopped  
2 tablespoons finely diced onion  
1 clove garlic, minced  
1 tablespoon runny tahini paste  
1 1/2 teaspoons dried oregano  
1 1/2 teaspoons red or white wine vinegar  
1/2 teaspoon fine grain sea salt, or to taste  
3 tablespoons gluten-free all-purpose flour (suggested: King Arthur brand) or regular all-purpose flour  
Red pepper flakes, to taste

### **Directions:**

Preheat oven to 400°F. Line a large baking sheet with parchment paper.  
Mix the ground flax and water in a small bowl and set aside for 5 minutes or so to thicken.  
Combine all ingredients together in a large bowl, including the flax mixture and the 1.5 cups cooked quinoa.  
Stir well until the mixture comes together. Don't forget the flour because it helps bind the patties.  
Shape mixture into 1/4-cup patties with wet hands. Pack tightly so they hold together better. Place on baking sheet.  
Bake for 15 minutes, then carefully flip cakes, and bake for another 8-10 minutes until golden and firm.  
Cool for 5 minutes on the sheet and then enjoy!  
Store leftovers in a container in the fridge for up to 5-6 days. To reheat, preheat a skillet over medium heat, add a bit of oil, and cook patties for about 3 minutes per side, or until heated through.

Tips:

**Tips:** 1) To cook quinoa, rinse 1 cup uncooked quinoa in a fine mesh strainer. Place quinoa in a medium pot and cover with 1 1/2 cups water. Bring to a low boil, reduce heat to medium-low, and then cover with a tight fitting lid. Simmer covered for 14-17 minutes until most of the water is absorbed and the quinoa is light and fluffy. Remove from heat, fluff with a fork, and then place lid back on to steam for another 4-5 minutes. Note that this makes almost 3 cups of cooked quinoa and you only need 1 1/2 cups for this recipe, so you will have

leftover quinoa (which is never a bad thing if you ask me!).

2) To make oat flour, add the oats into a high speed blender and blend on the highest speed until a fine flour forms. You can also use store-bought oat flour if desired.