



## Crispy Quinoa Patties

by Michele Gilson

Quinoa is an ancient grain and one of the only plant foods that's a complete protein. (A complete protein refers to offering all the essential amino acids in a healthy balance.) Quinoa grains have a high ratio of protein-to-carbohydrate from the germ being about 60 percent of the grain.

This recipe for quinoa patties, adapted from Sally's Baking Addiction, is extremely versatile. There are numerous ways to serve these quinoa patties – plain, in a pita, on a salad, on a sandwich, topped with sliced avocado, with a few dashes of hot sauce. Experiment and see what you like best!

**Note:** These keep well in the refrigerator for one week and in the freezer for two months. Simply microwave them whenever hunger strikes.

**Servings: 10** | **Prep Time: 30 minutes** | **Cooking Time: 30 minutes**

### Ingredients

1/2 can chickpeas (8oz)  
 2 tablespoons parsley, chopped  
 1/2 small onion, finely chopped (about 1/3 cup)  
 1/4 cup fresh parmesan cheese, grated or vegan parmesan cheese  
 3 cloves of garlic, finely chopped  
 2 cups cooked quinoa  
 1/2 teaspoon salt  
 1/4 teaspoon lemon pepper  
 3/4 cup whole-grain breadcrumbs  
 1/2 cup carrot, finely chopped  
 1/2 cup zucchini, finely chopped  
 1 tablespoon oil, plus more as needed  
 Special equipment: food processor

### Directions

1. In a food processor, combine chickpeas, parsley, onion, cheese, and garlic. It should form a dough. Transfer to a large bowl, then mix in the cooked quinoa, salt, and lemon pepper. Stir in the bread crumbs, chopped carrots, and chopped zucchini. Let the mixture sit for a few minutes.
2. Form into 10 thick patties. If needed, add more breadcrumbs to firm up the mixture. If you need to moisten the mixture, add a couple of drops of water.
3. In a large skillet, heat the oil over medium-low heat. Add patties, cover, and cook for 7 to 10 minutes until the bottoms have browned. Flip and cook for 5 minutes, or until golden brown. Remove from the skillet and cool on a large plate and cook the remaining patties. If needed, add more oil to the skillet between batches.

### Nutrition Information (per serving)

Calories: 143 calories  
 Protein: 5 g  
 Carbohydrates: 22 g  
 Fiber: 3 g  
 Sugar: 2 g  
 Total fat: 4 g



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