

# Quinoa Kale Cakes



## *Recipe:*

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### Quinoa Kale Cakes

Serves: 6

Serving Size: 2-3 ounce cakes

## *Ingredients:*

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- 1 cup quinoa, uncooked
- 2 cups low sodium vegetable base bouillon
- 3 whole eggs, beaten
- ½ cup parmesan cheese, grated
- ½ cup green onions, sliced thin
- 2 tsp olive oil
- ½ cup onion, finely chopped
- 2 tsp of garlic, minced
- 3 ½ cups kale, cleaned, diced
- 2/3 cups panko breadcrumbs, finely ground
- ½ tsp black pepper

## *Instructions:*

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1. Combine the quinoa with vegetable base bouillon and cook until liquid is absorbed.
2. Cool the quinoa; combine quinoa with eggs, cheese and green onions.
3. Sauté the onions, and garlic in olive oil until tender.
4. Add the kale and sauté 1 minute until bright green.
5. Transfer to a bowl and cool.
6. Combine the quinoa mixture with the kale.
7. Add the breadcrumbs and black pepper and gently mix together.
8. Form into 3-ounce patties.
9. Cover and chill until needed.
10. Sear patties on both sides on flat griddle to golden brown.
11. Finish in 350° oven as needed.

*Nutrition Facts:*

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Calories 279  
Fat (g) 12  
Carbohydrate (g) 33  
Protein (g) 14  
Sodium (mg) 251

Percent Calories

Protein: 20%  
Fat: 39%  
Carbohydrates: 41%

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG