

Southwestern Quinoa Cakes

If you like quinoa you will love these quinoa cakes! They are full of flavor and a good source of protein. They are delicious hot off the pan and even better served inside warm pita bread with avocado slices, cilantro and hot sauce. The recipe makes a large quantity and makes great leftovers. You can eat them cold, microwave them, or re-heat them in a convection oven for the best results.

Ingredients

2 cups Quinoa, uncooked
4 cups water
1 cup scallions, green and white parts, finely chopped
1 cup red bell pepper, seeded and finely chopped (about 1 bell pepper)
¼ cup jalapenos, seeded and finely chopped (about 2 jalapenos)
1 ½ cups fresh corn kernels (about 2 ears of corn)
15 oz. can black beans, drained
2 cups medium cheddar cheese, coarsely shredded
5 large eggs, beaten
¾ cup all-purpose flour + additional
1 ¼ teaspoon salt
½ teaspoon black pepper
½ teaspoon cayenne pepper
3 tablespoons extra virgin olive oil + additional

Toppings (Optional)

Avocado Slices
Cilantro
Hot sauce of your choice
Warmed Pita Bread

Preparation

Bring 4 cups water to a boil in a medium pot. Add Quinoa, cover and boil until water has absorbed, about 10-12 minutes. Fluff with a fork then remove from heat and let it sit for 15 minutes, covered. Uncover until cooled.

Heat three tablespoons olive oil in a large scan pan or other large non-stick skillet on medium-high heat. Add bell peppers, corn and jalapenos and sauté until mixture is slightly crisp, about 5 minutes. Remove from heat and cool.

In a large bowl mix together the quinoa, black beans, scallions, cooked mixture, cheese, salt, pepper and cayenne pepper. Add eggs and flour and mix until well combined.

Heat a thin layer of olive oil (about 2-3 tablespoons) in same scan pan or non-stick skillet on medium-high heat. Working in batches form 3x3 inch round patties (Tip: form into ball then flatten, add additional flour if needed to help form patties) about ½ inch thick and drop into oil, do not over crowd. Cook until slightly browned on both sides (about 3 minutes per side). Add additional oil if needed in-between batches and lower heat if necessary. Set on tray with paper towels to drain. Serve with warmed pita bread, avocado slices, cilantro, and hot sauce of your choice.

Makes about 24 Cakes

*Gluten Free Flour may be substituted for All-Purpose Flour