

Sweet Potato/Quinoa Patties!



We are always looking for creative ways to cut back on meat and poultry in our menu.

These patties are extremely satisfying, but are great for people looking for diabetic and heart-healthy options.

If you prefer a non-vegan option you can add egg or tuna..

They were really delicious! The texture was a little bit mushie.

In the meantime, these are delish!

Sweet Potato/Quinoa Patties

Ingredients



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- 3 cups cooked and mashed sweet potatoes
- 2 cups of cooked quinoa (use red quinoa for color)
- 2 cups finely chopped kale (we used bok choy)
- 2 tablespoons of ground flaxseed mixed with 3 tablespoons

- of water (substitute with 2 eggs for non-vegan option)
- 1 1/2 cup of almond flour (optional panko or breadcrumbs)
 - 4 teaspoons of cornstarch
 - 1 teaspoon grated ginger
 - 1 teaspoon freshly ground black pepper
 - 1/2 teaspoon cayenne pepper (optional)
 - 1 teaspoon kosher salt.
 - optional – 2 tablespoons GG00 if needed to help form patties
 - 2 tablespoons GG00 for frying

Directions

1. In a large bowl, combine all ingredients except oil and mix well
2. Add some GG00 if necessary to make batter easy to form patties.
3. Heat the GG00 in a frying pan over medium heat.
4. Form patties fry them on each side for 3-4 minutes until golden brown.
5. Drain on paper towels.

Serve with vegetables and salad.

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