



Quinoa Griddle Cake

(adapted from a breakfast griddle cake from Peru)

2/3 cup washed Quinoa, 1 ½ cup water
2 eggs and 1 egg white
½ cup grated carrot
¼ cup cooked black beans
¼ cup corn (frozen or fresh off the cob)
1 teas. Salt and ½ black pepper
1 small onion, chopped small
¼ cup spelt flour
1 teaspoon dry mustard and 1 teas. Paprika
½ teaspoon cumin and ½ t. coriander
¼ cup chopped flat parsley and 2 Tablespoons Cilantro
1 Tablespoon oil, olive oil or Safflower

Procedure:

Cook washed and drained Quinoa in water. Bring to a boil, reduce heat and simmer, 20-25 mins. All the water will be absorbed and the quinoa will be transparent, fluff with a fork. Cool

Prep the veggies. Thoroughly combine the cooled Quinoa with other ingredients, except the oil.

Brush oil in a non-stick skillet or griddle. Using a spatula flatten each scoop (Use a ladle or ice cream scooper) to form a 3 ½-4 inch round patty ¼ inch thick. Press down and fry for 3-4 mins on each side. Brush skillet with oil when needed. Recipe make 16 small or 8 big .Serve warm

Cooks notes: Can use more Cilantro for a spicy taste

Can sauté onion before adding it to the cooked Quinoa

Can add more flour when mixing if mixture looks too wet

Chef Kathryn Bari-Petritis, 2005