

QUINOA PATTIES WITH YOGURT DILL SAUCE

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Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 patty with sauce)

Nutrition (per serving)

Calories: 140	Total Carbohydrate: 19
Total Fat: 2.5 g	Dietary Fiber: 2 g
Saturated Fat: 0.5 g	Total Sugars: 2 g
Sodium: 220 mg	Added Sugars: 0 g
	Protein: 11 g

Ingredients

Quinoa Patties

- 2 cups cooked quinoa (cook according to package directions)
- 6 egg whites
- 1/3 cup whole wheat Panko breadcrumbs (use gluten free for GF version)
- 1/4 cup chopped green onion
- 3 Tablespoons Parmesan cheese
- 2 teaspoons minced garlic
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- Cooking spray

Yogurt Dill Sauce

- 1 – 5.3 ounce container non-fat plain Greek yogurt
- ¼ cup chopped tomato
- 1 Tablespoon grated onion
- 1 teaspoon dried dill weed

Directions

1. Combine quinoa, egg whites, breadcrumbs, onion, Parmesan, garlic, cumin, and salt in a large bowl. Mix well.
2. Spray large skillet with cooking spray. Form quinoa into patties and place in skillet over medium heat. Cook for 4-5 minutes on each side or until golden brown.
3. In a small bowl, combine and mix all yogurt dill sauce ingredients. Serve over quinoa patties.