

QUINOA PATTIES WITH YOGURT DILL SAUCE

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 Fat: 2.5 g

Saturated Fat: 0.5 g

Sodium: 220 mg

Total Carbohydrate: 19 g

Dietary Fiber: 2 g

Total Sugars: 2 g

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)
- ¼ cup chopped green onion

Yogurt Dill Sauce

- 1 – 5.3 ounce container non-fat plain Greek yogurt

- 3 Tablespoons Parmesan cheese
- 2 teaspoons minced garlic
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- Cooking spray

- 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.