

THANKSGIVING QUINOA PATTIES

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1 patty)

Nutrition (per serving)

Calories: 120

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 241 mg

Total Carbohydrate: 16 g

Dietary Fiber: 3 g

Total Sugars: 3 g

Protein: 5 g



Ingredients

- 2 cups cooked quinoa
- ½ -15 oz can 100% pure pumpkin
- 2 large eggs
- ¾ cup crumbled feta cheese
- ¾ cup finely chopped white mushrooms
- ½ cup whole wheat Panko bread crumbs (choose gluten free for GF version)
- ½ cup finely chopped onion
- ½ Tablespoon minced garlic
- 1 teaspoon dried thyme leaves
- ½ teaspoon ground sage
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- Cooking spray



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Directions

1. Combine all ingredients, except cooking spray, in a large bowl. Mix together, making sure eggs get stirred in well.
2. Form into patties.
3. Preheat electric griddle to 325°F. Can also use skillet on medium-high heat. Spray with cooking spray.
4. Place patties on griddle and cook for about 4-5 minutes on each side or until golden brown.