

K's Kitchen: Versatile quinoa shines through

By Kathryn Reed

Quinoa is one those wonderful foods, especially for vegetarians because it's another source of protein.

This is one of those recipes that can be made year-round. The vegetables involved can change based on what you like. I had fresh corn, so I used that. Frozen veggies in the off-season would work, or zucchini would be tasty any time.

While it's not necessary to put the cakes on a bed of spinach, this does make for a more complete meal. Another green could satisfy. Or serve these as a side dish or even as an appetizer. If they aren't an entrée, you might want to make the patties smaller.

The spinach, cake and topping together all complement each other. To me this was a meal unto itself.



Quinoa Cakes with Spinach

2 C cooked quinoa

1 C corn

1/3 C Panko

1/3 C yellow onion, grated

3 T flat leaf parsley, chopped

3 garlic cloves, minced

1 tsp lemon rind

2 tsp lemon juice

$\frac{3}{4}$ C feta cheese crumbles

3 large eggs

$\frac{1}{2}$ tsp kosher salt

$\frac{1}{2}$ tsp pepper

1 $\frac{1}{2}$ T olive oil

6 C spinach

2 T mayonnaise

2 T sour cream

$\frac{1}{4}$ tsp smoked paprika

Cook quinoa according to directions.

In large bowl combine quinoa with the next 11 ingredients.

Shape mixture into patties; should make eight.

Heat oil in a large nonstick skillet over medium-high. Add patties to pan; cook 4 minutes on each side or until browned. It may be necessary to add more oil.

Combine mayonnaise, sour cream, and paprika in a bowl. Add salt and pepper if so desired.

Divide spinach on four plates. Place two patties on each plate, then top with mayo-sour cream mixture.