

# Arlene's Quinoa Patties

## (C,D,G,N,S,Y)

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### Ingredients

1/2 lb kale (off the stems and chopped)  
1 1/2 tsp salt  
3/4 lb sweet potato, diced  
2 C quinoa, rinsed and drained  
1 small onion finely diced  
1/2 C grated parmesan (optional)  
2T fresh dill  
1/4 tsp. cayenne pepper  
3 eggs (or 2 large eggs)

### Directions

1. Boil kale in salted water. Cook 1 minute. Scoop up and squeeze out excess water.
2. In that same water, add sweet potato and cook about 3 minutes. Scoop out.
3. Add quinoa to 3 C of the water. Boil. Turn low and cook for about 12 minutes.
4. Add quinoa to kale. Mix in sweet potato, onion, parmesan, dill and cayenne. Add egg and mix.
5. Form into patties and brown until golden in frying oiled pan
6. Enjoy!

**ARLENE'S HINTS:** I pretty much guessed on the amount of kale and sweet potato since I don't have a kitchen scale. But, I found that the potato had to be mashed, not just diced. (Otherwise the patties were hard to form and did not stay intact) Also, you really need to get the water out of the kale. I squeezed it with paper towel. Also, a small patty works better than large when frying them. I freeze them and take out about four at a time. A great snack or part of a meal, with loads of good stuff!! My Mum loves them!! P.S. the cayenne is a good additive, gives them a bit of zip!