

Quinoa Burgers

Ingredients

1 cup uncooked quinoa
2 cups water
1/2 teaspoon salt
3/4 cup shredded cheddar cheese (or other variety, if you prefer)
1/2 cup cottage cheese
1 medium carrot, finely grated
3 eggs
2-3 tablespoons all purpose flour (start with 2, if they won't hold together add the other one)
2 green onions, including white parts
1 /2 teaspoon Splenda or sugar
1/4 teaspoon black pepper
1/4 teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon garlic powder
Olive oil for frying

Directions

To cook quinoa:

In a medium saucepan bring the 2 cups water and 1/2 teaspoon salt to a boil over high heat.

Add quinoa and reduce heat to low. Cover and cook for 18-20 minutes, or until all water is absorbed and the seeds are tender. Allow to cool for a few minutes.

OR 2 rounded cups leftover, cooked quinoa.

In a large bowl combine the cooked quinoa, cheddar cheese, cottage cheese, carrot, eggs, flour, green onions, Splenda, pepper, cumin, salt, and garlic powder.

Heat a frying pan and a couple teaspoons olive oil over medium-low heat. Measure 1/4 cup and form into patties about 1/2 inch thick - mixture will be slightly sticky. Fry until golden-brown, about 4 minutes on each side.

Makes approx. 10 burgers.

Per burger: Calories 132; Protein 8 g; Fat 5 g; NET Carbs 12 g; Sugar 0 g; Sodium 200 mg

