# **Quinoa Cakes**

Makes 24 small cakes

### **Ingredients**

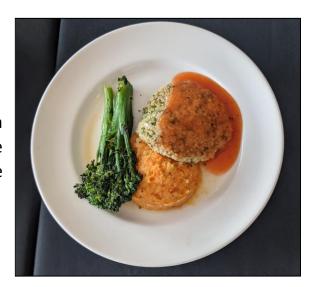
2 cups cooked quinoa

¼ cup rice flour

1 medium zucchini, grated and placed in a bowl with ¼ tsp salt. Squeeze out the zucchini after 15 minutes but reserve the water

- 2 Tbsp minced chives
- 1 Tbsp dried oregano
- 2 cloves garlic
- 1 poblano pepper minced
- 1 medium russet potato, peeled

Salt and pepper to taste



### **Directions**

- 1. Boil or steam the russet potato. Once the potato is cooked, mash it.
- 2. Mix all ingredients in a large bowl. If the mixture is to dry to hold add some of the water you squeezed out of the zucchini.
- 3. Form into small cakes.
- 4. Line baking pan with parchment paper and bake at 350 degrees for 10 minutes or until golden.

## **Roasted Red Pepper Coulis**

#### **Ingredients**

1 - 16oz jar of roasted red peppers

1 tsp vegetable base (oil free)

Salt and pepper to taste

#### **Directions**

Blend all ingredients plus ½ cup of water. Pour into saucepan and heat up gradually, add salt and pepper to taste. Pour over the quinoa cakes.