

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 too 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.