

Quinoa Griddle Cakes

2 cups cooked quinoa
3/4 to 1 cup grated carrot
1 small yellow onion, finely chopped
1/4 cup chopped fresh Italian parsley
1/2 cup chopped mushrooms
1/3 cup chopped red pepper
3 egg whites
2/3 cup quinoa or wheat flour
1 tsp. salt, to taste
1/4 tsp. pepper, to taste

Preheat oven to 400°F.

In a mixing bowl combine 1/4 cup of the flour and the rest of the ingredients. Add more flour as needed to hold the mixture together.

Form small patties (2 Tbsp.) Place in a lightly sprayed roasting pan. Press patties flat using a big spoon. Bake for 7-10 minutes on each side.

Serve with your favorite salsa, pasta sauce, or dressing.