



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

- 1 cup cooked mashed sweet potato
- 1/2 cup dry Quinoa or 1 1/2 cups cooked
- 1 tbsp finely minced fresh sage (1 tsp dried)
- 1 tbsp finely minced chives
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp olive oil

Substitute your favorite herb like cilantro or parsley for the sage. Make small bite size for children's snacks.

Directions

Preheat oven to 375 degrees. Spray a baking pan with nonstick spray or line with parchment paper. Rinse quinoa thoroughly. Cook according to package directions. In a bowl mix all ingredients except olive oil. Form into 6 patties, thinner is better. Place on the baking sheet and brush tops with a bit of olive oil. Bake 12 minutes, carefully turn over and bake another 12 minutes or until cakes start to brown.

Remove from oven and let cool.

These are great hot or cold. Serve with a green salad or with a yogurt dip.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 6

103

1.8g

0.3g

0mg

130mg

19.2g

1.9g

2.9g