

## QUINOA PATTIES

Serves: 4

### Ingredients

- ⅔ cup dry quinoa
- 1 ½ cup vegetable broth (or, water)  
(Buying pre-cooked quinoa? You'll need 2.5 cups)
- 2 tablespoons ground flaxseed
- 6 tablespoons water
- 1 small onion, minced
- 1 cup breadcrumbs
- ½ cup chopped, fresh parsley  
(or, 2 tablespoons dried parsley)
- 2 cloves garlic, minced
- ⅔ cup [Vegan Parm](#)
- ⅛ - ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- ½ teaspoon black pepper



### directions

If you need to cook the quinoa, start with that. Cook ⅔ cup according to the package directions, or your [multi-cooker](#) or [Instapot](#) instructions, with 1 ½ cup vegetable broth.

While the quinoa is cooking, in a small dish, add 2 tablespoons of ground flaxseed and 6 tablespoons of water. Mix and set aside for at least 5 minutes.



In a large bowl, combine the minced onion, breadcrumbs, parsley, garlic, vegan parm, cayenne pepper, salt, and black pepper.

Once the quinoa is done, add it to the large bowl of ingredients. Add the flaxseed and water mixture. Mix until well combined.

Now, pre-heat the cooking method you are going to use. We **loved** these on the grill and used [these grill mats](#) to prevent them from falling through the slats. You could also cook them on a griddle, bake them in the oven (400 degrees, 15 minutes, flipping halfway), or place them in a fry pan on the stove.

Next, patty the mixture. The size of patties depends on your choice!

Once pattied, it's time to cook! You can lightly spray the patties (both sides) with [avocado oil](#), but this is optional and not necessary. Heat on the grill, griddle, or stove-top pan on medium-high heat for 5-7 minutes per side. Cook until hot and crispy on each side.

Serve as an appetizer, snack, or a dinner main paired with a green salad and fruit. Enjoy!

P.S. I also **loved** dipping these patties in hummus!

Note: You can make these patties ahead of time and cook when ready to serve. If making ahead of time, they can be refrigerated up to 3 day for best flavor.

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