

Quinoa and Spinach Bites

Instructions

1. Cook quinoa according to package directions or use leftover prepared quinoa.
2. Mince garlic and cut green onions into small pieces. Chop steamed spinach into fine pieces.
3. Add eggs, Parmesan cheese, breadcrumbs, juice of half of the lemon, chopped spinach, garlic, and green onions to a bowl and mix together. Add quinoa and gently mix. Season with salt and pepper to taste. Let sit for a few minutes.
4. Heat olive oil in a medium size saucepan. Gently form quinoa mix into patties, they should be thin like a hamburger. Patties can be bite-sized or large, but the size will affect the cooking times, so be sure to monitor the patties as they cook.
5. Cook the patties for 6-8 minutes per side and flip once each side is crispy. You can also bake the patties at 350 degrees for 18-20 minutes, flipping halfway through.

Ingredients

- 1 cup uncooked or 4 cups cooked quinoa
- 2 cloves of garlic
- 2 green onions
- 1 cup steamed spinach, fresh or frozen
- 4 eggs, whisked
- 1/3 cup shredded Parmesan cheese
- 1 cup whole wheat breadcrumbs
- 1 lemon
- 2 teaspoons of olive oil
- Salt
- Pepper

Grocery List – Add optional ingredients as desired

Produce

- 1 bulb of garlic
- 2 stalks of green onions
- Fresh or frozen spinach
- 1 lemon

Pantry

- 1 package quinoa
- Whole wheat breadcrumbs
- Salt
- Pepper
- Olive oil

Dairy

- Eggs
- Parmesan cheese