

Sweet Potato Quinoa Kale Cakes



Ingredients:

- 2 cups sweet potato, shredded
- 1 1/2 cups quinoa, cooked according to package directions
- 1 1/2 cups kale, uncooked, finely chopped
- 1/4 cup red onion, diced
- 1/2 cup bread crumbs or panko crumbs
- 2 cloves garlic, minced
- 1 eggs
- 2 tablespoons lemon juice
- 1 teaspoon cumin
- 1 tablespoon chipotle chili powder
- Cooking Spray or parchment paper

Directions:

1. Pre-heat oven to 400 F. Line a baking sheet with parchment paper, or spray with cooking spray.
2. Add all ingredients into a bowl and mix until they are thoroughly combined.
3. Scoop about a golf ball size of the mixture into hands and form a patty about 1/2 inch thick.
4. Place patties on the baking sheet.
5. Cook for 8-12 minutes on each side, until crisp.
6. Refrigerate uneaten portions.

Makes 16 cakes



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