

# Quinoa Kale Patties

Adapted by Heidi Nordlund

Prep time: 15 minutes

Cook time: 10-12 minutes

Makes approximately 10 patties

## Ingredients

- 2½ cups cooked quinoa, cooled
- 4 cups kale, chopped small
- 3 large eggs, beaten
- 1 tsp sea salt
- 1 tsp black pepper
- 2 tsp ground coriander
- 1 tsp turmeric
- 2 Tbsp flax meal
- ½ cup chives, chopped
- 3-4 Tbsp ghee



## Directions

- Combine cooked quinoa, eggs, flax meal, chives, salt, pepper, turmeric and coriander in medium mixing bowl
- Heat 2 Tbsp ghee or coconut oil in skillet on medium heat
- Add kale to skillet
- Cook until kale is bright green and soft
- Add kale mixture to quinoa and stir to combine ingredients
- Form patties using ½ cup of quinoa mixture for each pattie
- Heat ghee (add enough to coat bottom of pan) on clean skillet on medium heat
- Place patties in skillet being careful not to splash hot oil, do not overcrowd the pan
- Fry until golden brown on each side, approximately 5 minutes per side
- Remove patties, drain on paper towel, and serve