



Quinoa Cakes with Chipotle Lime Vinaigrette

(Makes 8 cakes // Serves 4)

Per serving (2 quinoa cakes, 2 tablespoons dressing): calories: 691; total fat: 18g; saturated fat: 2g; carbohydrate: 114g; fiber: 16g; protein: 22g; sodium: 330 mg.

Ingredients for the vinaigrette:

- 1 chipotle in adobo sauce
- 2 tablespoons champagne vinegar
- ¼ cup fresh lime juice
- ⅓ cup vegetable/olive oil blend (80/20)
- 1 tablespoon agave nectar
- ¼ tablespoon paprika
- ¼ tablespoon cumin
- 1 teaspoon minced garlic
- ½ teaspoon coriander
- ¼ teaspoon on kosher salt
- ⅛ cup water

Ingredients for the quinoa cakes:

- 3 cups quinoa
- 1 pound sweet potato, peeled, roasted and pureed
- 2 tablespoons sliced green onion
- 2 tablespoons diced yellow onion
- 4 teaspoons minced garlic
- 5 tablespoons garbanzo flour
- 1 tablespoon Old Bay Seasoning
- 6 tablespoons black beans, rinsed and drained
- 1 teaspoon cumin
- 6 tablespoons fire-roasted corn kernels (sold canned in stores)
- 2 tablespoons cilantro, finely chopped into ribbons

Directions:

1. To make the vinaigrette, liquefy all ingredients except the oil in a blender.
2. Slowly add oil while blender is working. Chill mixture.
3. Heat oven to 350 degrees. Rinse dry quinoa, place on a baking sheet and toast in the oven for 15 minutes.
4. Bring 5 cups of water to a boil, add quinoa and cook covered for 15-20 minutes, stirring occasionally.
5. Keeping covered, remove from heat and let quinoa “steam” for another 15-20 minutes.
6. Combine quinoa with all of the ingredients and form into palm-sized cakes.
7. Heat a thin coating of oil in a skillet over medium heat. Sear the cakes for about 3-5 minutes per side.
8. Transfer to a baking sheet and finish in oven for 10-15 minutes or until internal temperature reaches 165 degrees. (Can be frozen at this point and stored. To reheat, cook in oven at 350 degrees for 15–20 minutes or until the middle reaches 165 degrees.)
9. Serve on salad greens and top with 2 tablespoons of the Chipotle Lime Vinaigrette.

Recipe provided by Paul Houle, printed in *All Animals* magazine, Nov/Dec 2016 issue, humansociety.org/allanimals.