

## Super Quinoa Sliders

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*Recipe by Franci Cohen*

### **Ingredients:**

- 1 cup uncooked red quinoa, rinsed
- 2 cups low sodium vegetable broth
- 1 cup canned chickpeas, rinsed
- 1/2 cup grated mozzarella cheese
- 1/3 cup panko bread crumbs
- 1/2 cup sweet potatoes, diced very small
- 3 scallions, finely sliced
- 1 tsp freshly crushed garlic
- 2 large eggs
- salt and pepper to taste
- 3 tablespoons olive oil
- 12 multigrain slider buns
- 2 avocados, sliced
- spicy mayonnaise

### **Directions:**

1 Start by cooking the quinoa as directed on package, substituting vegetable broth instead of water.

2 Meanwhile, in a saucepan sauté scallions 3-4 minutes until lightly brown and translucent then add in garlic.

3 Add sweet potato and sauté a few minutes more, until potatoes are tender.

4 Lastly, add chick peas and cheese and remove from stove.

5 Mash the mixture together leaving it slightly chunky. Then add the drained quinoa and breadcrumbs to mixture. Finally, add eggs, salt and pepper and mix well.

6 In a frying pan, heat olive oil over medium heat.

7 Form 3" patties out of mixture with your hands and place into frying pan. Cook patties 3-4 minutes on each side until crispy and lightly browned.

8 Serve on multi-grain bun with lettuce, tomato, a few slices of avocado and a drizzle of spicy mayo!

\*Note: For a healthier version, wrap the sliders in iceberg lettuce!