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Super Quinoa Sliders

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 multigrain 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! ***