

## QUINOA ASPARAGUS CAKES

### INGREDIENTS

- 1 CUP QUINOA, RINSED UNDER COLD WATER
- 1 CUP SLICED ASPARAGUS SPEARS
- 1/2 CUP GRATED PARMESAN CHEESE
- 1 TABLESPOON GRATED YELLOW ONION
- 1 CLOVE GARLIC, MINCED
- 3/4 TEASPOON SALT
- 1 LARGE EGG, LIGHTLY BEATEN
- 1/4 CUP OLIVE OIL, DIVIDED

### DIRECTIONS

1. In a medium saucepot, add the quinoa and two cups of water. Cover, bring to a boil, then reduce to a simmer. Cook 15 to 20 minutes, or until all of the water is absorbed and the quinoa has doubled in size. Set aside until cool enough to touch, about 15 minutes.
2. In a large bowl, add the quinoa, asparagus, cheese, onion, garlic, and salt and gently mix with a spatula to combine. Add the beaten egg and mix until all ingredients are well combined.
3. Using your hands, form the mixture into 18 to 20 golf ball–size balls and place them on a baking sheet. Gently flatten each ball with your palm to about 1/4-inch thickness.
4. In a large skillet, heat one tablespoon of the olive oil over medium-high heat. Use a spatula to transfer five of the fritters to the pan and cook, 5 to 7 minutes, or until golden brown. Flip and cook 2 to 3 minutes more, then transfer to a paper towel. Repeat with remaining cakes. Serve warm or at room temperature.