



Sweet Potato Quinoa and Barley Patties

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- ½ red onion, diced
- 2 garlic cloves, minced
- 1 package Nature's Earthly Choice™ Quinoa and Barley
- ½ cup seasoned breadcrumbs
- ¼ cup fresh parsley, chopped
- ½ cup Parmesan cheese
- 2 eggs, lightly beaten
- Salt and pepper, to taste
- Olive oil

Directions:

1. In a large skillet, warm olive oil over medium-high heat. Cook the sweet potatoes for 12 to 15 minutes or until slightly soft. Add the onions and garlic, then cook for 5 minutes.
2. Transfer everything to a large bowl. Mash with a potato masher or large fork. Add the quinoa and barley, breadcrumbs, parsley, Parmesan cheese, eggs, salt, and pepper. Mix well.
3. Form the mixture into equal-sized patties. Fry 2 to 3 minutes on each side or until crispy. Serve with greens or in a sandwich.