



Zucchini Quinoa Patties

Ingredients:

- ½ yellow onion, diced
- 1 garlic clove, minced
- 2 medium zucchini, shredded (about 3 cups)
- ⅓ cup Parmesan cheese
- 3 eggs, lightly beaten
- 1 package Nature's Earthly Choice™ Red & White Quinoa
- 1 cup seasoned breadcrumbs
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- Oil

Directions:

1. Warm oil in a medium saucepan. Add the onions and cook until translucent, about 5 to 7 minutes. Add the garlic and cook for another 1 minute.
2. Wrap the shredded zucchini in a paper towel. Squeeze out the excess liquid. In a large bowl, combine the zucchini, cooked onion, and remaining ingredients. Mix well.
3. Form the mixture into 6 equal-sized patties. Fry each side until golden brown, about 2 to 3 minutes.