

## Curried Sweet Potato & Quinoa Patties

**Prep Time:** 10 minutes

**Cook Time:** 35 minutes

**Total Time:** 45 minutes

**Servings:** 4

**Serving Size:** 3 patties

### Ingredients:

2 small sweet potatoes, peeled and diced	2 teaspoons cumin
3/4 cup dry quinoa	2 teaspoons curry powder
2 cloves garlic, minced	2 teaspoons dried oregano
1 small sweet onion, finely chopped	
1 tablespoon coconut oil, melted	
1 teaspoon salt	
1 teaspoon pepper	
1 tablespoon paprika	
2 tablespoons all purpose, brown rice, or quinoa flour	

### Directions:

1. Preheat oven to 400 degrees.
2. Place quinoa and 1 1/2 cups water inside a small pot, bring to a boil, cover, then reduce to a simmer and cook until done, about 15 minutes.
3. Place diced potatoes inside a steam basket in a pot with 1-2 cups water and bring to a boil. Cover, reduce heat to a low boil and cook for 10 minutes or until potatoes are done.
4. Drain potatoes and place them in a large bowl, then mash them until they are pureed.
5. Add 1 1/2 cups cooked quinoa, 2 tablespoons flour, and all of remaining ingredients to the potato puree and mix well. If mixture is warm, place the bowl in the fridge for 5-10 minutes to help it cool down – this will make it easier to work with.
6. Use your hands to make 12 patties from the potato-quinoa mixture.
7. Place patties onto a parchment lined rimmed baking sheet and bake for 10 minutes, then flip and bake for an additional 10-15 minutes until the tops look a little browned and slightly crispy.
8. Serve patties over mixed greens and drizzle in Creamy Thai Vinaigrette (see recipe).

### Tips and Tricks:

I love these little patties over mixed green salad with sliced red bell pepper, shredded carrots, and green onions.

### Nutritional Information Per Serving:

**Calories:** 242.3  
**Fat:** 6.2 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 295.1 mg  
**Total Carbohydrate:** 41.7 g  
**Dietary Fiber:** 5.6 g  
**Sugars:** 2.5 g  
**Protein:** 6.5 g