

Zucchini-Quinoa Patties with Tzatziki Sauce

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

Servings: 4

Serving Size: 2 patties and ¼ of sauce

Ingredients:

½ cup uncooked quinoa
 ½ cup raw walnuts, chopped
 3 medium zucchini, grated (about 4 ½ cups)
 ½ teaspoon salt, divided
 3 green onions, thinly sliced
 3 tablespoons fresh dill
 ½ teaspoon pepper
 1 egg, lightly beaten
 1-3 tablespoons ground flax seed or almond meal
 2 tablespoons grapeseed oil, divided

Tzatziki Sauce:

1 cup plain non-dairy yogurt
 1 tablespoon fresh dill or 1 teaspoon dried
 ½ medium cucumber, peeled and diced
 2 teaspoons apple cider vinegar
 1 garlic clove, minced
 Juice of half a lemon
 Salt and pepper to taste

Directions:

1. Place dry quinoa into a bowl and add 2 cups water. Allow to soak while you prep the meal.
2. Grate zucchini directly into a colander, then press extra moisture out using a tea towel or paper towel. Sprinkle zucchini with ¼ teaspoon salt, toss well, and let sit in the colander to continue to sweat out moisture for about 10 minutes.
3. Combine all tzatziki sauce ingredients in a small bowl and mix well to combine. Keep cold.
4. Drain and rinse the quinoa and place in a food processor and process for 1 minute or until finely ground, then add chopped walnuts and process until smooth.
5. Grab your tea towel/paper towel and gently press zucchini of excess moisture once again.
6. Combine zucchini, green onions, dill, ½ teaspoon pepper, ¼ teaspoon salt, egg, and 1 tablespoon ground flax seed in a large bowl and mix well until incorporated.
7. Sprinkle quinoa-walnut mixture over zucchini mixture and stir until mixed through. The batter will be wet, but should not be 'runny'. If it appears too wet, add ground flaxseed 1 tablespoon at a time. Then place mixture in fridge to chill for 5 minutes.
8. Heat 1 tablespoon grapeseed oil in a large skillet (preferably cast iron) over medium heat.
9. Once oil is hot and shimmering, use a measuring cup and scoop 1/3 cup zucchini patty mixture, add to hot skillet in a mound, and then flatten into a patty using a spatula
10. Repeat this until you have 4 patties.
11. Cook patties for 4-5 minutes each side or until browned.* Remove from pan and keep warm.
12. Repeat steps 9 through 11 adding remaining tablespoon oil to make 8 patties total.
13. Serve patties with tzatziki sauce on top.

Tips and Tricks:

*Once you flatten the patties in the hot skillet, don't touch them for 4 minutes so they get nicely browned. They are delicate so you don't want to mess with them too much. Gently flip to get the other side just as nicely browned.

Because of the quinoa and walnuts, these are actually pretty filling so I recommend enjoying them paired with something light like mixed greens or our Crispy Kale.

Nutritional Information Per Serving:

Calories: 334.1
Fat: 20.2 g
Cholesterol: 46.5 mg
Sodium: 342.7 mg
Total Carbohydrate: 29.5 g
Dietary Fiber: 6.4 g
Sugars: 6.7 g
Protein: 14.0 g