

# Maine Arts Camp

Recipe: Spinach & Quinoa Cakes

Chef: Charlie Limoggio CEC

Servings: 8

Yield: 16 small patties

Quantity	Unit	Ingredient	Prep Notes
1	Cup	Quinoa	
1 ½	Cups	Water	
1/3	Teaspoon	Kosher salt	
3	Large	Eggs	Beaten
2	Teaspoons	Olive oil	
½	Medium	Spanish onion	Minced fine
2	Cups	Baby spinach	
1	Splash	Apple cider vinegar	
1/3	Cup	Sun-dried tomatoes	Reconstituted, Coarsely chopped
¼	Cup	Chopped parsley	
2/3	Cup	Panko bread crumbs	1/3
1/3	Teaspoon	Crushed red pepper flakes	Or ground black pepper
2/3	Tablespoon	Water	
		Olive oil for frying	
1/2	cup	Grated Parmesan Cheese	

1. Place dry quinoa in a fine mesh strainer. Wash under cool water for a few minutes. Quinoa needs to be rinsed or it tastes dirty
2. In a medium saucepan place rinsed quinoa, water, and 1/2 teaspoon salt. Place over medium heat and bring to a boil. Cover, decrease the heat, and simmer for about 25 to 30 minutes, until the quinoa is tender. Remove from heat and allow to cool to room temperature. We'll need about 3 cups of cooked quinoa for the recipe.
3. In a small bowl, whisk eggs and set aside
4. In a medium sauté pan, heat olive oil over medium heat. Add onions and cook until translucent, about 4 minutes. Add garlic and sauté for 1 minute. Add spinach and toss until just slightly wilted, about 1 minutes. Remove from heat and add a splash of vinegar. Place spinach mixture in a large bowl with prepared quinoa. Allow to cool to room temperature. You can speed up this process in the fridge for 30 minutes
5. Add cheese, sun-dried tomatoes, parsley, break crumbs, salt, and pepper. Add beaten eggs and stir

until all of the quinoa mixture is moistened. Add water to thoroughly moisten mixture. Quinoa should be slightly wet so it doesn't dry out during cooking.

6. Scoop out mixture by the 2 tablespoonful. (I used a small ice cream scoop to scoop the mixture right into the hot pan.) Use clean, moist fingers to form into a patty. Create as many patties as you'd like. (Rinse your hands after every few patties... it makes making patties easier.)
7. In a large skillet over medium low heat, heat olive oil. If you pan is large enough, add four to six patties to the hot pan. You'll need a bit of room to successfully flip them
8. Cook on each side until beautifully browned, about 4 to 5 minutes on each side. Low heat helps the quinoa cakes cook slowly. Brown on each side then remove to a paper towel lined plate

***\*\*Kale can be substituted for the spinach***

**Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.**