



## Sweet Potato, Quinoa Patty

Yield: 10-2.5 oz. portions

3 c.	Sweet Potatoes, peeled, cooked and mashed
½c.	Brown Rice, cooked
½c.	Red Quinoa, cooked
½c.	Baby Spinach or Kale, finely chopped and packed
¾ each	Roasted Red Pepper, chopped
½ c.	Roasted Fresh Corn
2 tsp.	Garlic, minced (optional)
2 Tbsp.	Fresh Herbs, chopped (thyme, rosemary, sage, oregano)
TT	Salt
TT	Pepper

1. Combine ingredients. Mix until well incorporated.
2. Form into 10 balls and flatten into patties.
3. Heat a lightly oiled cast iron pan or griddle and sauté patties on both sides until crisp and lightly browned. Do not crowd.
4. Place on sheet pan and keep in low oven until ready to serve.