

## Tasty Tuesday- The HDH Taste Bud Team

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### Quinoa Cakes & Poached Eggs

The Healthy Foodie

#### INGREDIENTS

(Yield 6 patties)

Source : Verses from my Kitchen

- 2½ cups cooked quinoa
- 1 cup bread crumbs
- 2 eggs
- ½ cup (or 4) egg whites
- 2 green onions, finely chopped
- 45g extra sharp cheddar cheese
- ½ tsp salt
- ¼ tsp black pepper
- About ½ cup spinach & arugula
- 6 poached eggs



#### INSTRUCTIONS

1. Combine the quinoa, eggs, egg whites, green onion, cheese, salt and pepper in a medium bowl. Add the bread crumbs, stir, and let sit for a few minutes so the

crumbs can absorb some of the moisture. Form into six patties.

2. Heat a little bit of olive oil in a large, heavy skillet over medium-high heat. Add the patties, if they'll fit with some room between each and cook until the bottoms are deeply browned, about 7 to 10 minutes.
3. Carefully flip the patties with a spatula and cook the second sides for 7 minutes, or until golden.
4. Transfer to serving plate, top with a pinch of watercress leaves and a poached egg. Sprinkle with salt and pepper.
5. The quinoa mixture keeps nicely in the refrigerator for a few days; you can cook patties to order, if you prefer.

### Sweet Potato Pancakes

Eat Run Repeat



#### INGREDIENTS

- 1/2 cup cooked and mashed sweet potato
- 1/3 cup egg beaters or 2 eggs
- 1/4 cup peanut flour (you can use any kind of flour you want)
- 1/8 tsp baking soda and baking powder (I always use both)
- 1 tsp sugar or sugar substitute of your choice (don't skip this or they'll be as bitter as me when my blog is down)
- dash salt and even bigger dash of cinnamon
- opt. if the batter is too thick add some milk of your choice

#### INSTRUCTIONS

1. Mix well, make sure all the sweet potato is mashed. The batter is pretty thick so I spread it out when I scoop them on the hot skillet.
2. Cook as you would normal pancakes. They don't "bubble" like normal pancakes, so watch that they are cook thoroughly, but not burned.