

From the kitchen of David and Jennifer Deaven

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Vegetarian/Quinoa Burgers

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- A: 1C quinoa
2C water
1/2t salt
- B: 1/2C cheddar cheese, grated
1/2C cottage cheese
1 carrot, peeled and chopped fine
1c garlic, minced
3 eggs
3T flour
4 spring onions, chopped
1t sugar
1/2t black pepper, ground
1/2t cumin, ground
1/2t salt

1. Bring (A) to a boil, reduce heat and cover for 18 minutes or until quinoa is cooked and fluffy.
2. Add (B), mix.
3. Form patties and fry in olive oil.



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