

# The Friends of Rail Road Flat School Present

## Healthy Recipes



### Rice/Quinoa Patties

2 cups cooked rice or quinoa

1 cup grated cheese

2 eggs

1-2 cups chopped or grated vegetable

(Carrot, zucchini, chard, spinach broccoli, beets, etc...)

Pretty much whatever veggie you have works, fresh or left over in fridge.

½ cup nuts or seeds

2 Tbsp. flour

2 tsp. falafel powder (available in bulk bin at Raleys) or 1 tsp. curry powder

(This is just for flavor- can omit or try seasoning of your choice-try ranch mix.)

Mix all ingredients

Form into patty and lightly fry in olive oil- can cook fully in pan on low till firm and browned – or fry just till they firm and finish in oven.

My kids love these as a meal or snack.

Get creative- I have added bacon and diced chicken, or left over mashed potatoes in place of some of the rice. This is a good way to combine leftovers into a fresh meal, and a good way to get kids to eat veggies and eggs.

Our favorite combination is zucchini (when in season) with quinoa and jack cheese.

Remember to use certified GMO free and organic ingredients whenever possible.

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