



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

ZUCCHINI QUINOA PATTIES



Healthy and delicious, these patties are sure to please everyone.



01 HR 00 MINS



Serves 3 to 4



Featuring

[Fifth Crow Farm](#)
[J&M Farms](#)

INGREDIENTS

- 4 medium zucchini, grated (3 cups)
- 1 teaspoon salt (divided)
- 1/2 cup quinoa
- 1/2 cup grated Parmesan cheese
- 1/4 cup grated jack cheese
- 2 eggs
- 1/2 teaspoon thyme
- 1 clove garlic, minced
- 1/2 cup walnuts, chopped
- 1/2 teaspoon ground pepper
- 2 tablespoons olive oil

METHOD

Place grated zucchini in large bowl or strainer. Toss with 1/2 teaspoon salt and allow to sit for 10 minutes. Then using large handfuls, squeeze water from zucchini. Repeat the process again with another 1/2 teaspoon salt.

While zucchini is sitting, cook quinoa; bring 1 cup water or chicken broth to boil in a small saucepan, add quinoa, reduce to simmer. Cover and cook for 10-14 minutes until white or until grains are tender and white germ ring is visible around the outside of grains. The water should be mostly absorbed.

In mixing bowl, combine zucchini, quinoa, cheeses, eggs, thyme, garlic, nuts, and pepper. Heat oil in saucepan over medium heat. Scoop (with ice cream scoop or small handfuls) the zucchini mixture into the pan, squash down to about 1/2-inch thick. Cook for about 4-6 minutes on each side, until golden brown. Serve as a side dish or in your favorite bun or English muffin.

Joanne Izumizaki won Third Place for this recipe in 2016 My PCFMA Plate Recipe Contest