

Spinach Quinoa Oat Patties

Ingredients

- 2 ½ cups quinoa, precooked
- ¾ cup Quaker® Oats-Old Fashioned
- 4 eggs
- 7 oz Feta cheese
- 4 cups fresh spinach, chopped
- Sea salt & pepper to taste
- Olive oil for frying

How to make it

1. In a large mixing bowl, place cooked quinoa, oats, eggs, Feta cheese, chopped spinach, salt and pepper and combine until all is mixed.
2. Place in the fridge to set for 30 minutes.
3. Take out the mixture and form 10 to 12 patties with your hands.
4. Heat the oil in a frying pan on medium heat.
5. Add the patties and fry for about 2-3 minutes on each side or until golden brown.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
30 min	10 min	40 min	6

Made with



Quaker® Oats-Old Fashioned