

Gluten-free Sun-dried Tomato Quinoa Burgers



Ingredients (serves 4):

- 1 cup cooked quinoa
- $\frac{3}{4}$ cup low part skim mozzarella shredded cheese
- 2 sun-dried tomatoes, chopped
- 1 1/2 eggs (I usually beat a whole egg, then half it)
- 3 tablespoons King Arthur's gluten free multipurpose flour
- 1 tablespoon chopped scallion/green onions
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons oil

To cook quinoa (makes 3 cups)

- 1 cup uncooked quinoa
- 2 cups vegetable broth
- 1/2 teaspoon salt
- 1 teaspoon sriracha (optional)

Directions:

Cooking Quinoa

- Wash the quinoa in a mesh strainer rigorously with water.
- In a pan over medium high heat, add 2 teaspoons olive oil. Dry the quinoa by adding it to the pan and letting it heat up for about 2 minutes.
- Add the broth to the pan and the salt. Stir, and bring to a boil.
- Lower to medium-low heat and cover, cooking for 15 minutes, stirring occasionally.
- When all of the water has been absorbed, the quinoa is finishing cooking.
- Use your fork to fluff the quinoa a bit.

Quinoa Burgers

- Add all of the ingredients together to the burgers.
- Divide into 4 burgers on a parchment paper (or just a plate).
- Heat the oil in a large pan over medium-high heat.
- Test to ensure the oil is hot enough (but not burned) by breaking off a piece of one of the burgers. If it sizzles, it is hot enough.
- Add the burgers into the pan. Allow to cook for 2-3 minutes on one side, then flip.

- Cook for 2-3 minutes on this side. It should be golden brown. If not, cook for one minute extra on each side.
- Place on a paper towel to cool and remove excess oil.

Notes:

Recipe from "Jessica in the Kitchen" <http://jessicainthekitchen.com/sundried-tomato-mozzarella-quinoa-burgers/>