

Quinoa Cheddar Sliders

Serving Size: 2 each

Makes 12 servings

Ingredients:

1 lb. cannellini beans, cooked
7 oz red quinoa, dry
4 cups water
½ cup panko breadcrumbs
2 ½ each whole egg, scrambled
1 tbsp garlic cloves, minced
2 ¼ tsp chipotle powder
¾ tsp salt
1 ½ tsp black pepper
2 tbsp chives, chopped
1 tbsp lime juice, fresh
1 ½ cup cheddar cheese, shredded
as needed cooking spray
24 each mini slider bun
24 each lettuce leaf, fresh
24 each tomato slices, fresh

Preparation:

1. Puree cannellini beans* in a food processor. Set aside.
2. In a pot, combine quinoa and water. Bring water to a boil, then reduce to a simmer. Cover pot and cook until water is absorbed, and quinoa is tender. Chill and reserve.
3. In a bowl combine cooked quinoa, cannellini puree, breadcrumbs, egg, garlic, chipotle, salt, pepper, chives, lime juice, and cheddar. Mix to evenly distribute ingredients.
4. Portion into 2 oz wt patties. Refrigerate or freeze patties to firm, if needed.
5. Cook burgers on a hot grill or flat top prepared with pan spray. Serve each burger on a mini slider bun with lettuce and tomato.

*RD note: cook dry beans or look for "low sodium" or "no salt added" canned beans"

NUTRITION FACTS

PER SERVING

calories	410
total fat (g)	10
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	570
total carbohydrate (g)	62
dietary fiber (g)	6
sugar (g)	7
protein (g)	19



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