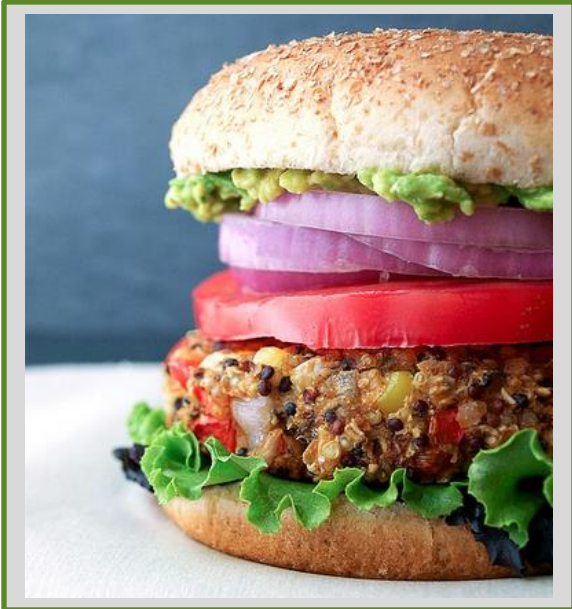


Recipes serves: 8 people



## Ingredients-

- ♥ 1 cup **Red and Black Quinoa Blend**
- ♥ 2 cups water
- ♥ 2 garlic cloves minced
- ♥ 1 cup red onion, finely diced
- ♥ ½ cup diced carrot
- ♥ 4 cups **Great Northern Beans**
- ♥ 1 cup red bell pepper, finely diced
- ♥ 1 cup corn
- ♥ 2 whole eggs
- ♥ 1 teaspoon lemon juice
- ♥ ½ teaspoon paprika
- ♥ 1 teaspoon oregano
- ♥ ½ cup **Organic Quinoa Flour**

## PREPARATION:

1. Preheat oven to 375°F
2. In medium pot bring 2 cups of water to boil and quinoa. Simmer for 15 minutes, reduce heat cover and let sit for 10 minutes.
3. While quinoa is cooking finely dice garlic, onion, carrot, and bell pepper.
4. In a large bowl mash 3 cups of the Great Northern Beans
5. Add cooked quinoa, diced vegetables, corn, lemon juice and seasonings to the beans. Mix well.
6. Fold eggs and quinoa flour into mixture.
7. Divide mixture into 8 sections. Form into ball shape, place on a greased pan, and flatten into ½ inch thick patties.
8. Bake for 15 minutes. Flip patties and cook for an additional 15 minutes.

Nutrition Facts			
Serving Size: 1 serving (250.8g)			
Servings: 1			
Amount Per Serving			
Calories	470	Calories from Fat 40	
		% Daily Value*	
<b>Total Fat</b>	4g	6%	
Saturated Fat	1g	5%	
Trans Fat	0g		
<b>Cholesterol</b>	45mg	16%	
<b>Sodium</b>	45mg	2%	
<b>Total Carbohydrate</b>	83g	28%	
Dietary Fiber	22g	87%	
Sugars	5g		
<b>Protein</b>	27g		
Vitamin A	40%	•	Vitamin C 40%
Calcium	20%	•	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g