

QUINOA LATKES, ETC.

See notes below the recipe for a variety of healthier options for cheese, sugar & flour

1 C	Quinoa (raw)
2 C	Water
½ t	½ t Morton No-Salt OR salt
¾ C	Cheese (shredded) (Cheddar or American)
½ C	Cottage cheese
1	1 Carrot OR 1 C Zucchini (grated & squeezed to remove the extra water)
¾ C	Egg substitute OR 3 eggs
3 T	Flour
2	Green onions (chopped)
½ t	Sugar
¼ t	Black pepper
¼ t	Cumin
⅛ t	Morton No-Salt OR salt
⅛ t	Garlic powder
	Olive oil for frying
	Non-stick cooking spray

MIXING INSTRUCTIONS

- 1 Bring 2 cups of water & the salt to a boil & add the Quinoa & mix it into the water
- 2 Reduce the heat to low & cover the pot
- 3 Cook for 18-20 minutes or until all the water is absorbed
- 4 Take the cover off & allow to cook until no more steam rises (approximately 5 minutes)
- 5 In a large bowl combine quinoa, cheese, cottage cheese, carrot **OR** zucchini, egg substitute **OR** eggs, flour, green onions, sugar, Morton's No-Salt **OR** salt pepper, cumin & garlic powder

PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting
- 2 If the oil 'spits' when you put a drop of water in it then it is ready
- 3 This mix may be stickier than the other latke recipes so you don't want to make them as large
- 4 Use a ¼ cup of mix being careful to scoop the mix out of the cup & pat it down when you get it into the pan
- 5 When the bottom is golden brown flip them
- 6 When the other side is golden brown remove & place on a paper towel with another paper towel on top to blot out the excess oil

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BAKING CHOICE # 1

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 degrees for 60 minutes or until done
You can tell if they're done if they feel solid when you push down on the top
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 Let them cool completely
- 7 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder

BAKING CHOICE # 2

- 1 Pre-heat oven to 450 degrees
- 2 Using a 1/4 C measuring cup, drop mixture onto baking pan sprayed with non-stick spray
sprayed with non-stick spray
- 3 Flatten latkes slightly & spray the tops with non-stick cooking spray
- 4 Bake uncovered for 10 minutes, or until bottoms are nicely browned & crisp
- 5 Gently flip latkes
- 6 Bake 8 to 10 minutes longer or until at least golden

CHEESE SUBSTITUTES

Smart Beat American
Reduced-Fat American
Low-Fat American
Reduced-Fat Cheddar
Low-Fat Cheddar

FOR COTTAGE CHEESE

Low-fat Cottage
Non-fat Cottage

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch
Whole Wheat Pastry flour

SUGAR SUBSTITUTES

Splenda Sugar Blend for Baking
Maltitol