

# SALMON QUINOA LATKES OR TIMBALES

## INGREDIENTS

- 12 oz** Salmon (from cans) (drained) (bones removed)
- 1/2 C** Quinoa (1/2 cup uncooked)
- 1 C** Vegetable broth **OR** Water
  
- 1/4 C** Egg substitute **OR** 1 egg
- 1 t** Kosher salt
- 1/2 t** Red pepper flakes (less if you don't like spicy)
- 2** Scallions (green onions) (chopped)
- 2 t** Parsley (dried)
- 2 T** Lemon juice
- Non-stick cooking spray **OR** Olive oil **OR** your choice of healthy oil



## LATKE DIRECTIONS

- 1** Combine all ingredients except for non-stick cooking spray or oil
- 2** Mix gently until all ingredients are incorporated
- 3** Form mixture into patties

## PAN FRYING

- 1** Spray cooking spray or use enough healthy oil to coat a saute pan
- 2** Set the heat at medium high & when it's hot, drop the latke mix 1/2 C at a time making sure to have space inbetween the latkes
- 3** When the bottom is golden brown flip them
- 4** 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

## BAKING CHOICE # 1

- 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
- 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 8-10 minutes longer or until at least golden

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# **SALMON QUINOA TIMBALES**

## **BAKING CHOICE # 2**

- 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

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