

# Quinoa Sweet Potato Cakes

## with Avocado Lime Mousse

*Yields approx 10 cakes.*

### Ingredients

#### *Sweet Potato Cakes*

- 2 medium baked sweet potatoes (skins discarded)
- 2 C cooked quinoa
- 2 scallions, chopped
- 2 garlic cloves, minced
- 1/2 t sea salt
- 1/2 t crushed red pepper
- 1 t cumin
- 1/4 C olive oil (or Pam Olive Oil Spray)

#### *Avocado Lime Mousse*

- 1 avocado, peel and pit removed
- 1 large garlic clove, smashed
- 1 T of sesame tahini
- 1 T olive oil
- 1 T seasoned rice wine vinegar
- 1/4 c cilantro sprigs, minced
- juice of 1/2 lime
- 1 t honey or agave

#### *Basic Quinoa*

- 2 C rinsed quinoa
- 3 C chicken or vegetable stock\*
- 1 large garlic clove, minced
- salt and pepper
- 1 T evoo

### Directions

**Sweet potato cakes** - Preheat oven to 350. Line baking sheet with parchment paper. Place prepared sweet potatoes in a large bowl and use a fork to mash potatoes against sides of bowl until only small chunks of potato appear. Stir in quinoa, and remaining ingredient - combine thoroughly. Using wet hands, shape quinoa mixture into palm-sized patties, place on prepared baking sheet. Pour olive oil into a small bowl and use a silicone brush to lightly coat the top of each patty with oil. Bake for 10-15 minutes, until golden brown.

**Avocado lime mousse** - Place all ingredients in a high speed blender and pulse until smooth (about 1-2 minutes).

**Basic quinoa** - Heat the olive oil over medium-high heat in a saucepan. Saute quinoa, stirring frequently, until just toasted and lightly golden brown (1-2 minutes). Add minced garlic clove and stir for one minute. Add 3 C stocks and bring to a boil. Place cover on saucepan and turn to lowest heat. Cook for 7-9 minutes. When liquid is completely absorbed, remove pan from flame and let sit 5 minutes. Fluff with fork.

\*NOTE: Some instructions call for more liquid. Quinoas can differ from brand, and this increment worked the best for us at camp. Be prepared to add more liquid, if needed.

### Equipment

- medium bowl
- fork
- chef knife
- cutting board
- pastry brush
- medium saucepan
- wooden spoon or silicone spatula
- stick blender
- large wide-mouth mason jar
- serving platter
- serving utensil

*Greystone*