

# Quinoa Cakes with Almond Crème Gravy

Source: Ellen Siegel

## Cake Ingredients:

- 2 ½ – 3 cups cooked quinoa
- 3 cloves garlic, minced or pressed
- 1 pkg of soft tofu (or 1 cup almond meal or garbanzo flour)
- ½ carrot, grated
- ½ small onion
- 5 g mushrooms chopped
- 1 cup bread crumbs
- 3 TBSP parsley, chopped
- sea salt, pepper, herbs of choice
- 1-inch piece fresh ginger root, grated

## Dressing Ingredients:

- 1 cup toasted almonds (can also use almond butter)
- 2 cloves garlic
- soy sauce, low sodium
- water (thin to desired consistency)

## Directions:

1. Soak the quinoa for a couple of hours in cold water. Rinse very thoroughly in water several times. For each rinse, pour off most of the water and finish draining through a large fine mesh strainer. Shake dry in the strainer. Cook quinoa for about 15 minutes (1 cup quinoa to 2 cups of water).
2. In a bowl, mix the quinoa with the “cake” ingredients and form small patties.
3. Dredge the patties in bread crumbs and fry in oil on medium heat. Healthy oil options for frying include peanut oil and coconut oil.
4. To make the gravy, puree the “dressing” ingredients until smooth and creamy. Pour into a saucepan and cook over medium to low heat until thickened to gravy consistency. Pour the gravy over each cake and top with sliced scallions.