



## QUINOA SWEET POTATO CAKES

1 c. quinoa	$\frac{1}{2}$ tsp. ground black pepper
1 c. Lundberg Wild Rice Blend	1 pound yams
.18 oz. Fresh sage, chopped	1/2 bunch green onions, sliced
1 tsp. salt	1/2 pound dry cranberries, roughly chopped

Rinse quinoa under cold running water. Place quinoa and 4 cups water in a saucepan. Bring to a boil, cover and simmer over low heat for about 15 minutes or until all liquid is absorbed.

Place 1 c. wild rice and 2 c. water in a saucepan. Bring to a boil, cover, and simmer over low heat for about 45 minutes or until water is absorbed.

Peel sweet potatoes, cut into one inch cubes and steam for 20-25 minutes or until soft. Puree or mash cooked sweet potatoes.

Combine sweet potatoes, cooked quinoa, rice blend and remaining ingredients.

Portion mixture into 10 5-oz. balls, and gently flatten into patties.

Lay the patties onto a parchment lined tray that has been sprayed with nonstick spray. Lightly spray the tops with spray. Bake in 350 degree oven for 15-20 minutes or until lightly brown and crisp on the outside.

Yield: 10 servings

Nutrition Information: 250 Calories, 2 gm fat, 0 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 60 gm carbohydrate, 5 gm fiber, 6 gm protein, 275 mg sodium

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**William K. Nasser, MD 19<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**