**Zucchini Quinoa Burgers**

**First Place winner in Trader Joe’s Quinoa recipe contest**

**Ingredients**

* 2 cups TJ’s Tri-color Quinoa, *cooked*
* ½ cup shredded Mozzarella cheese
* 1 cup low fat Cottage Cheese
* 1 cup zucchini, grated or finely chopped
* 3 eggs, beaten
* 3 Tbls White Whole Wheat Flour (see Below) available at Trader Joe’s
* 2 green onion stalks, chopped
* 1 cup Panko bread crumbs
* 3 Tbls. Olive oil (reserve for cooking)
* 1 tsp. Cumin
* 2 heads garlic, chopped
* Salt & pepper to taste

**Instructions**

In a large bowl, combine all ingredients except olive oil. Mixture will be sticky. If necessary add more Panko crumbs at this point. Form carefully into 10 patties on a cookie sheet. Refrigerate for 10 minutes or more (I find that they hold together better if refrigerated longer). Add olive oil to skillet and bring to medium temperature. Add patties and cook 4 minutes on each side or until golden brown.

**Note;** White Whole Wheat is nutritionally the same as Whole Wheat flour, but has no major genes for bran color. It is milder in taste, better for use in baking, as it requires less sweetener and rises better. White Whole Wheat flour has been the principal flour used in Australia for many decades. It wasn’t until the 1970’-1980’s that this wheat was developed for growth in the U.S. You can find this flour at Trader Joe’s, Whole foods and other health type markets.