

SUMMERTIME FAVORITES

Serves: 2

Prep Time: 15 minutes

Cook Time: 15 minutes

When the sun's out, these easy summer recipes are in. Don't worry—everything is simple to make, so you'll have plenty of time to relax!

MEDITERRANEAN QUINOA BURGER

INGREDIENTS

- 3 cups Sandridge Fully Cooked Quinoa
- 4 each Eggs
- 2oz. Chopped Garlic
- 5oz. Extra Virgin Olive Oil
- 5oz. Parmesan Cheese
- 5oz. Feta Cheese
- 3oz. Shredded Carrots
- 2oz. Diced Red Onion
- 4oz. Diced Red Pepper/Orange Pepper
- 3oz. Sun Dried Tomatoes
- 3oz. Chiffonade Fresh Spinach
- Salt & Pepper



Product	Description	Item #	Pack Size
Sandridge Fully Cooked Quinoa	Fully cooked tender quinoa.	602242	5/2 lb

Vegetarian
 Vegan
 Dairy Free
 Gluten Free
 Kosher

DIRECTIONS

1. In a large mixing bowl, combine all ingredients, reserve 2oz. oil.
2. Once all ingredients are mixed, cover with plastic wrap and place in refrigerator for at least an hour.
3. Begin by forming patties by hand 5oz. each and wrap burgers individually in plastic wrap. Patties may be frozen or placed in cooler if using that day.
4. In a sauté pan, begin heating oil. Once oil is hot, carefully place one burger at a time into oil.
5. With a large spatula, carefully flip the patty away from you, once golden brown.
6. Be careful to not flip continuously or pressing down on patty.
7. Once Golden Brown on both side place on either a bun or a pita pocket.
8. Top with additional sundried tomatoes, spinach, and feta cheese.