

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Sweet Potato Cakes with Quinoa and Kale!



Ingredients:

- 2 medium sweet potatoes (steamed and pureed)
- 2 cups cooked Quinoa
- 2 cups kale (deveined and chopped)
- 2 eggs (vegan: 2 tbsp ground flax seed + 3 tbsp water)
- ½ cup ground old fashion oats or almond meal
- 3 tsp cornstarch (vegan: 1 tsp almond meal)
- 1 tsp grated ginger
- 1 pinch paprika
- 1 tsp salt and pepper

Preparation:

- Preheat oven to 375 degrees.
- Mix all ingredients together in a bowl and use an ice cream scoop to form small patties.
- Place the patties on a cookie sheet lined with parchment paper.
- Optional: brush each patty with olive oil for a crispier texture.
- Bake the patties in the oven for 15-20 minutes, flipping half way through.

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com