

*From the kitchen of David and Jennifer Deaven*

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## Vegetarian/Quinoa Burgers

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- A: 1C quinoa  
2C water  
1/2t salt
- B: 1/2C cheddar cheese, grated  
1/2C cottage cheese  
1 carrot, peeled and chopped fine  
1c garlic, minced  
3 eggs  
3T flour  
4 spring onions, chopped  
1t sugar  
1/2t black pepper, ground  
1/2t cumin, ground  
1/2t salt

1. Bring (A) to a boil, reduce heat and cover for 18 minutes or until quinoa is cooked and fluffy.
2. Add (B), mix.
3. Form patties and fry in olive oil.



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