SPOTLIGHT RECIPE

Thompson DeLight
Recipes under 450 calories

HUMMUS-QUINOA CAKES

- In a medium bowl, combine the quinoa, hummus, red pepper, celery and scallions. Season with salt and pepper.
- Heat a nonstick pan over medium-high heat and add the olive oil once heated. Form the quinoa mixture into palm-sized patties and brown in a pan, working in batches, about 3 to 4 minutes per side. Do not overcrowd the pan.
- Serve with additional hummus and tomato slices.

Ingredients

Serving: 4

- 1 cup cooked quinoa
- 1/2 cup hummus, plus more for garnish
- 1/2 cup red pepper, minced
- 2 celery stalks, minced
- 2 scallions, chopped
- Salt and pepper to taste
- 1/2 tablespoon olive oil
- Tomato slices