

# Vegan Hummus Quinoa Patties

Contributed by [The Blue Dove Foundation](#)

Source: <https://thelemonbowl.com/vegan-hummus-quinoa-patties/>



## INGREDIENTS

- 1 cup quinoa uncooked
- 2 cups chicken broth or water
- 10 ounces Sabra Original Hummus
- 1/2 cup cooked corn kernels from fresh or frozen
- 1/4 cup red onion minced
- 1/4 cup cilantro minced - optional
- 2 tablespoons jalapeno minced
- 1 teaspoon lime zest
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## INSTRUCTIONS

- Prepare quinoa according to package instructions using chicken or vegetable broth instead of water if you wish. Fluff with a fork when it's done cooking then remove quinoa from pot and place in a medium bowl. Let quinoa cool slightly.
- To the bowl with the cooked quinoa, add all remaining ingredients. If the mixture seems wet, sprinkle in a little almond flour to absorb moisture.
- Form mixture into patties - any size you wish. If you're serving as the main course, make them slightly larger. If you want them to be bite-sized for an appetizer, make them about the size of two tablespoons.

- Preheat griddle or a large skillet over medium-high heat. Spray with cooking spray or use a little oil. Cook patties for 5-6 minutes per side. Note: if they fall apart slightly simply push them back/re-shape into patties. Serve warm, room temperature or chilled.