



# Spinach Quinoa Oat Patties



**SERVINGS**

6



**COOKING TIME**

10 min

Spinach Quinoa Oat Patties make for a perfect vegetarian lunch or dinner addition. These oatmeal patties are delicious on their own but can also be transformed into a meatless burger. It only takes 10 minutes to whip up this versatile dish and enjoy.

## Ingredients

- 2 ½ cups quinoa, precooked
- ¾ cup [Quaker® Oats-Old Fashioned](#)
- 4 eggs
- 7 oz Feta cheese
- 4 cups fresh spinach, chopped
- Sea salt & pepper to taste
- Olive oil for frying

## Cooking Instructions

1. In a large mixing bowl, place cooked quinoa, oats, eggs, Feta cheese, chopped spinach, salt and pepper and combine until all is mixed.
2. Place in the fridge to set for 30 minutes.
3. Take out the mixture and form 10 to 12 patties with your hands.
4. Heat the oil in a frying pan on medium heat.
5. Add the patties and fry for about 2-3 minutes on each side or until golden brown.