



Corn and Quinoa Mini Burgers

PREP TIME
20 m

TOTAL TIME
35 m

YIELDS
12 sliders

INGREDIENTS

¾ cup GOYA® Organic Red Quinoa rinsed
1 cup frozen GOYA® Whole Kernel Corn, thawed
⅓ cup parsley leaves, chopped
2 large scallions, finely chopped
1 tbsp. fresh thyme, chopped
1½ tsp. GOYA® Adobo Light with Pepper
1 can (15.5 oz.) GOYA® Low Sodium Chick Peas, drained well
1 lemon
½ cup breadcrumbs, plus ¾ cup for coating
3 tbsp. GOYA® Extra Virgin Olive Oil
12 slider buns
Lettuce, tomato and red onion, for topping
GOYA® Salsita Ancho Chile, optional
Ketchup, optional

DIRECTIONS

1. Bring 1¼ cups water to a boil in a small saucepan. Stir in quinoa. Cook covered over low heat for 15 min. Stir in corn; cook until quinoa and corn are tender, 5 min. more. Stir in parsley, scallion, thyme and Adobo seasoning. Remove from heat.
2. Mash chickpeas in large bowl with potato masher or fork. Grate and juice lemon into bowl. Stir in ½ cup breadcrumbs and quinoa mixture until combined. Form into twelve 3-inch diameter patties (⅓ cup each). Dredge in remaining breadcrumbs to coat.
3. Heat 1½ tbsp. oil in a large heavy skillet over medium heat. Cook 6 patties until golden brown, about 3 min. per side. Repeat. Serve on slider buns with lettuce, tomato and onion.

NOTE: Mix together equal parts of GOYA® Salsita Ancho Chile and ketchup to use as a topping.



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