

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Delicious and Nutritious Meals: Quinoa Sweet Potato Fritters

Time: 30 minutes
Prep Time: 15 minutes
Cook Time: 15 minutes

Recipe by @minimalistbaker

Objectives

- Practice cooking techniques: dice, mince, grate, sauté, and boil.
- Learn how to prepare a healthy and delicious meal from the comfort of your own home.
- Expand your pallet while you enjoy a power packed veggie fritter that combines different textures and is sure to win any crowd over!



Supplies/ Materials:

- Medium sauce pan
- Chef's knife
- Cutting board
- Spatula or large mixing spoon, whisk
- Mixing bowls
- Large skillet
- Measuring spoons and cups
- Stove top or standalone burner

Ingredients

- 2 cups shredded sweet potato (no need to peel)
- 2 Tbsp avocado or coconut oil, plus more for cooking
- ½ cup diced red or white onion (or sub shallot)
- 4 cloves garlic, minced
- 1 healthy pinch each sea salt and black pepper
- 2 cups chopped greens (spinach, chard, etc)
- 2 cups Quinoa
- 3 large eggs
- 2 tsp curry powder
- ½ cup flour

DRESSING:

- ¼ cup extra virgin olive oil
- ¼ cup red wine or Apple cider vinegar
- ¼ tsp fine sea salt
- 2 tsp Dijon mustard
- 1 Tbsp honey or maple syrup
- Freshly ground black pepper to taste

Find this lesson on YouTube here:
youtu.be/xxx

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Preparation

Activity	Instructions
Kitchen Safety	Wash hands with soap and warm water for 20 seconds. Dry hands and begin meal preparation.
Time for "Mise En Place" (a French term that means "to put everything into place")	Collect all cooking utensils/ingredients and arrange for optimal use. Thoroughly rinse quinoa in a fine mesh colander and vegetables, set aside. Rinse vegetables, set aside.
Prepare quinoa	Combine the rinsed quinoa and water in a saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat a bit to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes (small amounts of quinoa will be ready closer to 10 minutes; larger amounts between 15-20). Reduce heat as time goes on to maintain a gentle simmer. Remove the pot from heat, cover, and let the quinoa steam for 5 minutes.
Prepare veggies	While quinoa is cooking, cut veggies into a small/medium dice, set aside in large bowl. Shred sweet potato using either the coarse side of a box grater or the grater attachment of a food processor. Dice onion, mince garlic and chop greens.
Make dressing (optional)	In a small bowl, combine the olive oil, dijon mustard, vinegar, honey, salt and pepper. Whisk until blended. Mince garlic and add to dressing, stir well to combine, then set aside.
Prepare fritters	Heat a large pot or rimmed skillet over medium heat. Once hot, add oil, onion, sweet potato, garlic, salt, and pepper. Sauté for 4-5 minutes, stirring frequently, or until the onion and sweet potato are tender and fragrant. Add chopped greens and stir to slightly wilt. Set aside. Add eggs to a medium mixing bowl and whisk until well combined. Set aside. To a large mixing bowl add sautéed vegetables, cooked and cooled quinoa, salt, and curry powder (optional) and stir. Then add eggs and stir. Lastly, add flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more flour as needed if too wet to handle.
Form fritters and cook	Form into thin (roughly 1/4-inch-thick) patties the size of the palm of your hand. In the meantime, heat a large rimmed skillet. Once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown, about 4 minutes on each side.
*Additional chef's note	Optional: For even crispier fritters, continue baking in a 400 degree F oven for 10-15 minutes. Serve hot and garnish as desired i.e. dressing, hummus, yogurt sauce, etc.