



FRIED QUINOA SPAGHETTI SQUASH CAKES

INGREDIENTS:

[FOR THE SQUASH]

- 1 medium-sized spaghetti squash,
cut in half lengthwise and de-seeded
- 2 tsp olive oil
- 2 tsp salt
- 1 tsp ground black pepper

[FOR THE CAKES]

- | | |
|--------------------------|-------------------------|
| 1 egg, lightly scrambled | 1/3 c all-purpose flour |
| 1/2 c shredded carrots | 1/4 c parsley, chopped |
| 1/2 c bread crumbs | Canola oil for frying |
| Salt & pepper to taste | |



PREPARATION:

- 1 - Divide the ingredients for the squash in half. Rub the oil, salt, & pepper into each half. With the cut side up, place each half of the squash on a baking sheet & bake in the middle of the oven for 20 minutes.
- 2 - Once the squash is tender (can easily push a toothpick into the flesh), remove it from the oven. Let cool for 5 to 10 minutes. Rack a fork over the flesh of the squash to make the 'spaghetti.'
- 3 - Add the spaghetti squash & all of the remaining ingredients (except for the salt and oil) together in a large bowl. Stir to mix well.
- 4 - Take about 1/4 cup of the mixture and form it into a round ball. Continue this process for all of the mixture.
- 5 - Add the oil to a cast iron skillet placed over medium high heat. Place a ball in the skillet and gently flatten in with the bottom of a cup or drinking glass to make a cake. Continue this process until the skillet is full.
- 6 - Cook each cake until golden brown (approx. 3 minutes). Turn each cake over and continue to cook until golden brown (approx. 3 minutes). Remove the cake from the skillet and drain off excess oil.
- 7 - Serve immediately with your favorite dipping sauce.

(PH) 800-731-5520, option 1
(FAX) 781-634-5520
(EM) info@culinarykisses.com
(WEB) www.culinarykisses.com