**Quinoa Veggie Burgers (Sun-dried Tomato and Mozzarella)**

Ingredients

* 1 cup cooked quinoa
* 3/4 cup low part skim mozzarella shredded cheese
* 2 sun-dried tomatoes, chopped
* 1 1/2 eggs (I usually beat a whole egg, then half it)
* 3 tablespoons flour (you can use coconut flour for GF)
* 1 tablespoon chopped scallion/green onions
* 1/2 teaspoon salt
* 1/2 teaspoon pepper
* 1/2 teaspoon garlic powder
* 2 tablespoons oil

**To cook quinoa (makes 3 cups):**

* 1 cup uncooked quinoa
* 2 cups vegetable broth
* 1/2 teaspoon salt

Instructions

**Cooking Quinoa**

* Wash the quinoa in a mesh strainer rigorously with water.
* In a pan over medium high heat, add 2 teaspoons olive oil. Dry the quinoa by adding it to the pan and letting it heat up for about 2 minutes.
* Add the broth to the pan and the salt. Stir, and bring to a boil. Lower to medium-low heat and cover, cooking for 15 minutes, stirring occasionally.
* When all of the water has been absorbed, the quinoa is finishing cooking. Use your fork to fluff the quinoa a bit.

**Quinoa Burgers**

* Add all of the ingredients together to make the burgers, stirring until thoroughly combined.
* Divide into 4 burgers
* Heat the oil in a large pan over medium-high heat. Add the burgers into the pan. Allow to cook for 2-3 minutes on one side, then flip.
* Cook for 2-3 minutes on this side. It should be golden brown. If not, cook for one minute extra on each side. Place on a paper towel to cool and remove excess oil. Enjoy!