



Amaranth Squash Patties

by Robin at Recipes For Natural Health

Dairy-Free, Gluten-Free, Main Dishes, Vegetarian, Wheat-Free

Ingredients

3/4 cup cooked [amaranth](#)
1/2 cup finely chopped onion (or to taste)
1/4 cup finely chopped bell pepper
1/2 cup millet flour
1 tsp garlic powder (or to taste)
1 cup grated zucchini squash
1/2 tsp chili powder (or to taste)
1 egg
1 tsp Tamari soy sauce (or to taste)* (I use Bragg's Liquid Aminos)

Directions

Rinse cooked amaranth. Mix all ingredients in a medium bowl. Cook over medium high heat. Drop by tablespoon into a preheated skillet which has a non-stick surface or has been lightly oiled. Flatten patties with a spatula and allow to cook on the first side until the patty will stay together well before turning. Brown both sides

** For this recipe to be gluten-free, make you choose a gluten-free Tamari.*

Admin Note: For this recipe the amaranth should have a texture similar to rice or couscous. Use a 2-1 ratio of water to amaranth and cook for about 18 – 20 minutes.

These patties were tested out for this site by one of my former colleagues. He felt the onion and spices were too overpowering so I adjusted the recipe to read "to taste" for those ingredients. You can also use red onions or pre-cooked onions. Caramelizing the onions before adding to the recipe might impart a nice flavour.

Otherwise the patties cooked easily, held up well and tasted very good reheated the next day.

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