



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Quinoa Veggie Balls with Apple Cayenne Balsamic Glaze

1/3 cup olive oil
3 cloves garlic, finely chopped
1 small yellow onion, finely chopped
1 rib celery, finely chopped
2 cups kale, ribs removed and finely chopped
1 -15 oz. can cannellini beans, rinsed, drained and mashed with 1/4 cup of water
2 cups cooked quinoa - *I used red quinoa*
1/2 cup Italian flavoured breadcrumbs
2 tablespoons fresh mint leaves, finely chopped
1 egg
Sea salt and freshly ground black pepper, to taste

THE STEPS:

- Heat 2 tbsp. oil in a large skillet over medium high heat.
- Add garlic, onion, and celery, and cook, stirring, until soft and translucent.
- Transfer to a bowl and add quinoa, breadcrumbs, mint, egg, and mashed beans.
- Season with salt and pepper and mix well to combine.
- Form into 1 1/2 " balls and place on a parchment lined baking sheet.
- Cover with cling wrap and place quinoa balls in the fridge for at least 2 hours.
- Heat 2 tablespoons of oil in same skillet over medium-high heat.
- Add balls to the skillet without crowding them, and cook, rolling to each side, until browned on all sides and cooked through, about 6 minutes.

Apple Cayenne Balsamic Glaze

1/2 cup apple jelly
3 tablespoons balsamic vinegar
1/4 teaspoon cayenne pepper

THE STEPS:

- Place all of the ingredients in a small saucepan over medium low heat
- Stirring constantly, heat until jelly has melted and glaze is well combined.
- Remove from heat
- Spoon glaze over quinoa veggie balls and serve.

THE LOVE: Use two forks to turn the quinoa veggie balls as they are frying. They are quite fragile and will break if you are too rough.