



 **26%**  
HEALTH SCORE

# Quinoa Cakes with Eggplant-Tomato Ragù and Smoked Mozzarella

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



414 kcal

## Ingredients

- 1 cup cherry tomatoes halved
- 1 large eggs lightly beaten
- 1.5 pounds eggplant cut into 1/2-inch cubes
- 1 tablespoon flat parsley chopped
- 2 teaspoons garlic finely chopped
- 1 cup mozzarella cheese smoked diced
- 3 tablespoons olive oil
- 1 small onion finely chopped

- 0.5 teaspoon oregano dried
- 1 cup quinoa
- 0.5 cup roasted peppers red rinsed drained chopped
- 0.8 cup water

## Equipment

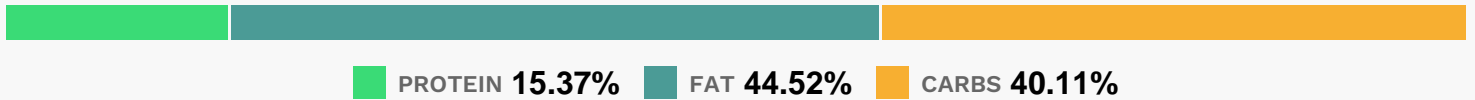
- bowl
- frying pan
- baking sheet
- sauce pan
- sieve
- plastic wrap
- spatula
- colander

## Directions

- Bring water and 1/2 teaspoon salt to a boil in a heavy medium saucepan.
- Meanwhile, wash quinoa in 3 changes of water in a bowl, then drain well in a fine-mesh sieve.
- Stir quinoa into boiling water and return to a boil, then simmer, covered, until quinoa is dry and water is absorbed, 20 to 30 minutes.
- Remove from heat and let stand, covered, 5 minutes.
- Transfer to a large bowl and cool, stirring occasionally, 10 minutes, then stir in egg.
- Line a baking sheet with plastic wrap and lightly brush with oil. Lightly oil a 1-cup dry-ingredient measure. Pack enough quinoa into measure with a rubber spatula to fill it two-thirds full. (If spatula becomes sticky, dip in water.) Unmold onto baking sheet and gently pat quinoa into a 4-inch-wide patty with spatula. Make 3 more quinoa cakes, brushing measure with oil each time. Chill cakes, uncovered, at least 15 minutes.
- Toss eggplant with 1 teaspoon salt in a colander and drain 30 minutes. Squeeze handfuls of eggplant to extract liquid, then pat dry.

- Cook eggplant, onion, garlic, oregano, and 1/4 teaspoon each of salt and pepper in oil in a 12-inch heavy skillet over medium heat, covered, stirring occasionally, until softened, about 5 minutes. Stir in tomatoes, roasted peppers, and water and simmer, covered, stirring occasionally, until eggplant is very tender and mixture is thick (if dry, thin with a little water), about 10 minutes.
- Heat 2 tablespoons oil in a 12-inch nonstick skillet over medium heat until it shimmers. Carefully add quinoa cakes and cook, turning once carefully and adding remaining 2 to 3 tablespoons oil, until crisp and golden, 8 to 10 minutes total (pat cakes to reshape with cleaned rubber spatula while cooking if necessary).
- Transfer to plates.
- Return eggplant ragù to a simmer and stir in parsley and half of mozzarella, then simmer, stirring, until cheese just begins to soften, about 30 seconds. Spoon over quinoa cakes, then sprinkle with remaining mozzarella.
- Quinoa cakes can be formed 1 day ahead and chilled, covered.·Eggplant-tomato ragù, without parsley and mozzarella, can be made 1 day ahead and chilled, covered.

## Nutrition Facts



### Properties

Glycemic Index:37.75, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:22.95434782816%

### Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

### Nutrients (% of daily need)

Calories: 413.73kcal (20.69%), Fat: 20.97g (32.26%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 33.5g (12.18%), Sugar: 8.04g (8.94%), Cholesterol: 68.62mg (22.87%), Sodium: 446.52mg (19.41%), Alcohol: 0g (100%), Protein: 16.28g (32.57%), Manganese: 1.4mg (69.97%), Phosphorus: 381.17mg (38.12%), Fiber: 9.02g (36.07%), Folate: 136.58µg (34.15%), Magnesium: 123.66mg (30.91%), Vitamin K: 32.05µg (30.52%), Vitamin C: 23.47mg (28.45%), Vitamin B6: 0.49mg (24.26%), Copper: 0.47mg (23.64%), Vitamin E: 3.51mg (23.4%), Potassium: 814.44mg (23.27%), Vitamin B2: 0.36mg (20.97%), Calcium: 208.5mg (20.85%), Selenium: 13.27µg

(18.96%), Iron: 3.34mg (18.58%), Zinc: 2.72mg (18.14%), Vitamin B1: 0.26mg (17.53%), Vitamin A: 663.98IU (13.28%),  
Vitamin B12: 0.75µg (12.49%), Vitamin B5: 1.13mg (11.29%), Vitamin B3: 2.14mg (10.69%), Vitamin D: 0.36µg (2.41%)