

## Quinoa and Spinach Burgers



### Ingredients:

- ½ bag fresh spinach
- 1 lb. ground beef
- 1 small white onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp. cumin (GF brand)
- pinch cayenne (GF brand)
- 1 egg
- 1 cup rinsed, soaked (15 minutes), raw quinoa
- 1 avocado
- Sea salt and pepper
- Lettuce (for lettuce wraps)

### Directions:

- 1) Put raw quinoa in a bowl of water to soak for 15 minutes.
- 2) Shred spinach in a food processor.
- 3) Chop onion.
- 4) Mix all ingredients in a bowl and make into patties (5 total).
- 5) Grill and serve wrapped in lettuce with tomato, avocado, and onion on top.

<http://winspirationwellness.com/blog/2011/05/quinoa-and-spinach-burgers>