

Greek Style Quinoa Patties With Tzatziki Sauce

Yield: 14 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-tzatziki-recipe-greek-yogurt>

Ingredients:

- 1/2 onion finely chopped
- 1 garlic clove finely chopped
- 3 handfuls baby spinach chopped
- 1 tablespoon olive oil
- 1 1/4 cups cooked quinoa you'll need about 3/4 cup uncooked quinoa
- 4 egg whites or 2 large eggs, lightly beaten
- 1/2 cup crumbled feta
- 1 tablespoon fresh parsley chopped
- 1 lemon
- 1/8 teaspoon fine grain sea salt
- 1/2 cup whole wheat bread crumbs
- black pepper to taste
- tzatziki
- 1 cucumber medium, peeled, seeded, and cut into 1/2-inch chunks
- 1/2 teaspoon salt
- 1 container greek yogurt
- 1 clove garlic minced
- 1 tablespoon fresh dill finely chopped
- 1/2 tablespoon fresh mint chopped
- 1/2 tablespoon extra-virgin olive oil
- 1/2 tablespoon fresh lemon juice

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams

5. Fiber: 2 grams
 6. Protein: 4 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 220 milligrams
 9. Sugar: 2 grams
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