

QUINOA CORN CAKES WITH TOFU CREMA

This high-fiber savory corn cake blends fresh herbs, generous amount of veggies. It's absolutely delicious topped with cholesterol lowering tofu crema.

ALLERGENS: Soy

RESTRICTIONS: Fiber/Gas



Photography by Kerri Brewer  
Food styling by Lauren Radael



From the

God's Love Kitchen

|                  |          |
|------------------|----------|
| TOTAL SERVINGS:  | 100      |
| TOTAL COST       | \$237.90 |
| COST PER SERVING | \$2.38   |

| INGREDIENT                 | QUANTITY                   | UNIT OF | PREP                           | COST PER UNIT | EXTENDED COST |
|----------------------------|----------------------------|---------|--------------------------------|---------------|---------------|
| FOR QUINOA CORN CAKES:     | For Quinoa Corn Cakes:     |         |                                |               |               |
| Corn, fresh                | Corn, fresh                |         | Shucked, roasted, cobbs juiced | \$1.01        | \$20.20       |
| Quinoa, tri-color, dry     | Quinoa, tri-color, dry     |         | boiled, drained, cooled        | \$5.55        | \$83.25       |
| Parsley, fresh             | Parsley, fresh             |         | De-stemmed, rough chopped      | \$0.74        | \$0.74        |
| Red onion, fresh           | Red onion, fresh           |         | Minced, sauteed                | \$0.47        | \$1.41        |
| Garlic, fresh              | Garlic, fresh              |         | Minced, sauteed                | \$3.23        | \$3.23        |
| Liquid egg                 | Liquid egg                 |         |                                | \$1.36        | \$2.72        |
| Blended oil, 90/10         | Blended oil, 90/10         |         |                                | \$6.98        | \$1.75        |
| Vegetable base, low-sodium | Vegetable base, low-sodium |         |                                | \$7.26        | \$3.63        |
| Thyme, fresh               | Thyme, fresh               |         | Minced                         | \$0.92        | \$3.68        |
| Chives, fresh              | Chives, fresh              |         | Rough chop                     | \$2.48        | \$9.92        |
|                            |                            |         |                                |               | \$-           |
| FOR CREMA:                 | For Crema:                 |         |                                |               | \$-           |
| Tofu, silken               | Tofu, silken               |         | Pureed                         | \$1.40        | \$17.50       |
| Lime juice                 | Lime juice                 |         |                                | \$1.37        | \$2.74        |
| Vegetable base, low-sodium | Vegetable base, low-sodium |         | Pureed                         | \$7.26        | \$3.63        |
|                            |                            |         |                                |               | \$-           |
| Mixed vegetables, frozen   | Mixed vegetables, frozen   |         |                                | \$1.67        | \$83.50       |

PACK-OUT

| MEAL COMPONENT   | PORTION SIZE |
|------------------|--------------|
| Quinoa Corn Cake | 6oz          |
| Side Vegetables  | 8oz          |
| Tofu Crema       | 2oz          |

PROCEDURES

1. Follow preparations for each ingredient. Roast corn, cook quinoa, mise en place vegetables.
2. Add corn, parsley, red onion, garlic, thyme, chive to food processor. Pulse until everything comes together and starts sticking to sides of bowl.  
Scrape bowl and pulse a couple more times
3. Transfer corn mixture to tub, add quinoa and egg, and mix until everything is well combined. Refrigerate.
4. Spray sheetpans so corn cakes do not stick.
5. Form corn cakes, 24 per pan.
6. Cook corn cakes @ 325 degrees for 15 minutes.
7. Blast chill until internal temperature is 41 degrees or less.
8. Tofu Crema: Add silken tofu, veg base, lime juice to blender. Blend until smooth
9. Serve 1 6oz portion Quinoa Corn Cake, 8oz Side Vegetables, 2oz Tofu Crema over the top of the Corn Cake.

Nutrition Facts

Serving Size 1.00 serving(s) (493g)

| Amount Per Serving |         |                   |      |
|--------------------|---------|-------------------|------|
| Calories           | 567     | Calories from Fat | 157  |
| % Daily Value      |         |                   |      |
| Total Fat          | 17.5g   |                   | 22 % |
| Saturated Fat      | 1.8g    |                   | 9 %  |
| Trans Fat          | 0.0g    |                   |      |
| Cholesterol        | 27.2mg  |                   | 9 %  |
| Sodium             | 263.6mg |                   | 11 % |
| Total Carbohydrate | 84.2g   |                   | 31 % |
| Dietary Fiber      | 13.3g   |                   | 47 % |
| Sugars             | 9.8g    |                   |      |
| Protein            | 21.3g   |                   |      |
| Vitamin A          | 64 %    | Calcium           | 12 % |
| Vitamin C          | 53 %    | Iron              | 35 % |

