Buffalo Chicken Quinoa Fritters

Description

The recipe for these buffalo chicken quinoa fritters could not be easier starting off with the quinoa, chicken, hot sauce, blue cheese with an egg and some bread crumbs to hold everything together. After mixing all of the ingredients it is as easy as forming patties and frying them until golden brown and crispy! You can make the fritters as large or small as you like and I went with a smaller size so that I could serve them as two bit appetizers but larger ones would make for a great light meal. If you wanted to keep these on the lighter side you could easily bake the fritters rather than frying them.

Summary

Yield: 4
Prep Time: 30 minutes
Category: Poultry
Cuisine: American

Ingredients

- 1/2 cup quinoa rinsed
- 1 cup water
- 1 cup chicken cooked and shredded
- 1/4 cup hot sauce
- 1/4 cup finely diced onion
- 1/2 cup shredded cheddar cheese
- 1/4 cup blue cheese crumbled
- 1 egg
- 1/4 cup panko bread crumbs

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Instructions

Simmer the quinoa in the water until the liquid has been absorbed and the quinoa is tender, about 15 minutes and let cool enough to handle.

Mix the cooked quinoa with the chicken, hot sauce, onion, cheddar cheese, blue cheese, egg, breadcrumbs, salt and pepper, adding more breadcrumbs if required to allow it to hold its shape.

Heat the oil in a pan over medium heat.

Spoon the mixture into the pan and form patties of any size that you desire and cook until golden brown on both sides, about 2-4 minutes per side, and set aside on paper towels to drain.