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Touch Down: Super Bowl Bites You Have To Try!

When it comes to Super Bowl parties, it's time to go big or go home! Do the big game proud by upping the ante on the eats you're serving your guests. These options take your average party fare and kick 'em 10 notches. They're tops in our playbook.

Super Quinoa Sliders

courtesy of *Franci Cohen*

Ingredients

1 cup uncooked red quinoa, rinsed
2 cups low sodium vegetable broth
1 cup canned chickpeas, rinsed
1/2 cup grated mozzarella cheese
1/3 cup panko bread crumbs
1/2 cup sweet potatoes, diced very small
3 scallions, finely sliced
1 tsp freshly crushed garlic
2 large eggs
Salt and pepper to taste
3 tablespoons olive oil
12 multigrain slider buns
2 avocados, sliced
Spicy mayonnaise



Directions

Start by cooking the quinoa as directed on package, substituting vegetable broth instead of water.

Meanwhile, in a saucepan sauté scallions 3-4 minutes until lightly brown and translucent then add in garlic.

Add sweet potato and sauté a few minutes more, until potatoes are tender

Lastly, add chick peas and cheese and remove from stove

Mash the mixture together leaving it slightly chunky. Then add the drained quinoa and breadcrumbs to mixture. Finally, add eggs, salt and pepper and mix well.

In a frying pan, heat olive oil over medium heat.

Form 3" patties out of mixture with your hands and place into frying pan. Cook patties 3-4 minutes on each side until crispy and lightly browned

Serve on multigrain bun with lettuce, tomato, a few slices of avocado and a drizzle of spicy mayo!

*Note: For a healthier version, wrap the sliders in iceberg lettuce!