Sundried Tomato, Buckwheat and Amaranth Cake

Ingredients:
- 2 tsp oil divided into 1 tsp and 1 tsp
- 1/3 cup onion, diced
- 2 cloves garlic, minced
- 1 1/2 cups buckwheat groats, cooked and cooled
- 1/2 cup amaranth, cooked and cooled
- 8 oz feta, crumbled
- 1/4 cup parsley, chopped
- 1/4 cup chopped sun dried tomato in oil
- 3/4 - 1 1/2 cups rice flour, whole wheat flour, spelt flour, etc.

Directions:
- Heat the oil in a sauté pan over medium high heat. Add 1 tsp oil onion and garlic, cook until onions begin to brown. Remove from heat and set aside to cool.
- Combine the cooked onion mixture, buckwheat, amaranth, feta, parsley and sun dried tomatoes.
- Add 3/4 cup flour into the mixture and mix well, add more flour if the mixture does not bind. Form mixture into 20-24 cakes.
- Heat remaining oil in a pan and cook until cakes are browned. Keep warm in a 200 degree oven until ready to serve.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 2/1/2013