

## THE WAY THE COOKIE CRUMBLES



### **Barbecue Turkey Meatballs with Cheddar-Corn Quinoa** (adapted a bit from Pink Parsley)

Serves 4

I'm keeping 'meatballs' in the title because it sounds a lot more delicious than 'patties'. We'll just say these are flat meatballs.

Shredding cheese is faster, but I like to dice little cubes so I get bites of intense cheesiness.

#### Meatballs:

- ¼ cup panko bread crumbs
- 1 large egg yolk
- 1 pound ground turkey
- 1 scallion, minced
- 1 tablespoon minced fresh cilantro
- 1 teaspoon dry mustard
- ¾ teaspoon salt
- ¼ cup barbecue sauce

#### Quinoa:

- 1 cup quinoa, rinsed and drained
- 1½ cups water
- ½ teaspoon salt
- 2 ears corn, shucked and rinsed
- ½ medium red onion, sliced into thin rings
- 1 tablespoon apple cider vinegar
- 3 tablespoons chopped fresh cilantro
- 1 scallion, sliced
- 1 cup (4 ounces) cubed or shredded sharp cheddar cheese
- 1 tablespoon olive oil
- black pepper

1. Prepare a medium-hot grill. In a medium saucepan, combine the quinoa, water, and salt. Bring to a boil over high heat, then reduce the heat to low, cover, and simmer for 15 minutes. Remove the pot from the heat and let the quinoa sit for 10 additional minutes, still covered.

2. In a large bowl, combine the panko and egg yolk. Set aside for about 5 minutes, then stir to form a paste. Add the turkey, scallion, cilantro, mustard, and salt; mix to combine. Form into 12 small patties.

3. Place the corn directly over the coals and grill for about 10 minutes, turning occasionally, until tender and caramelized in places. Grill the onions until browned and tender. Grill the turkey patties until browned and cooked through, about 4 minutes per side. Generously brush the top of the patties with barbecue sauce, flip the patties, and brush the second side with the remaining barbecue sauce. Let cook for one additional minute.
4. Transfer the quinoa to a large bowl and stir in the apple cider vinegar, then the cilantro, scallion, cheese, olive oil, and black pepper. Cut the corn off the cob and add it to the bowl with the quinoa. Dice the grilled onions and stir them into the quinoa. Serve the turkey patties over the quinoa.