Approximate cost of the recipe: $5.21, $1.30 per serving (Serves 4)

Chickpea Burgers

Ingredients:

1 carrot
1 can Chick Peas
1 egg carton
1 bag flour
2 TBSP olive oil
1 ½ tsp Garlic Powder
1 ½ tsp Ground Cumin
1 tsp Ground Coriander

*Optional: ripe tomatoes, spinach leaves, red onion

Tools Needed:
Directions:

1. Wash hands.
2. Wash carrots.
3. Open can of chick peas.
4. Drain chick peas.
5. Grate carrots.
6. Add chick peas to grated carrots.
7. Add spices.
8. Cook mixture in a pan for 5 minutes.