CHICKPEA BURGERS

Serves: 4
Approximate Cost of the Recipe: $5.21
Approximate Cost per Serving: $1.30

INGREDIENTS:

1 fresh carrot
  OR ½ 14.5 oz can carrots, drained & rinsed
1 15.5 oz can chickpeas, drained & rinsed
  OR 2 cups cooked chickpeas
1 egg
2 Tablespoons flour
1 ½ teaspoon garlic powder
1 ½ teaspoon ground cumin
1 teaspoon coriander
2 Tablespoons olive oil
4 whole wheat burger buns or bread

OPTIONAL TOPPINGS:
  Lettuce, red onion, tomato

DIRECTIONS:

1. Wash all fresh produce under running water.
2. Grate carrot. Mash chickpeas with a fork or potato masher.
3. Combine grated carrot, mashed chickpeas, flour, garlic powder, ground cumin, coriander in a bowl. Crack egg into the bowl and mix.
4. Form four patties from the mix.
5. Heat olive oil in a pan over medium-high heat. Cook patties for 5-7 minutes on each side or until golden brown.
6. Serve and enjoy!

Prepared by Rhode Island Community Food Bank's Healthy Habits, Eating Well on a Budget Program.
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