

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!