Chickpea Patty (vegan)

10 ingredients · 45 minutes · 4 servings

Directions

1. Preheat the oven to 400 F.

2. Place chickpeas in a food processor and pulse until chopped, but still chunky. (It's ok if some chickpeas are still whole).

3. Set chopped chickpeas aside in a mixing bowl.

4. Add the carrot (if not yet grated), garlic, onion, cilantro, and mint into the food processor and pulse until well-chopped. Place the mixture into the bowl with the chickpeas.

5. Add the sea salt, lemon juice, olive oil, and all purpose flour into the same bowl and mix well.

6. Form mixture into about 4 patties and place onto a baking sheet.

7. Put in the oven for about 20-25 minutes, flip, then cook for about 12-18 minutes more. Patties should be slightly crispy on the outside and golden brown. Enjoy!

Notes

Serve with...
Toasted bun, cucumber slices, purple cabbage, lettuce, and tahini mixed with leftover lemon juice.

Herbs
Cilantro can be substituted for parsley. If no mint, simply omit.

Fresh or Canned Chickpeas?
Either is fine. If canned, use one 15-oz can, rinsed and drained (sodium free).

Spice it Up
Add 1/8 tsp of cayenne pepper

Ingredients

1 1/2 cups Chickpeas

1/3 cup Grated Carrot

2 cloves Garlic

1 Red Onion

1/4 cup Cilantro

4 leaves Mint Leaves

1 tsp Sea Salt

1 tsp Lemon Juice

1 tsp Extra Virgin Olive Oil

1/3 cup All Purpose Flour

Nutrition

Amount per serving

Calories	170	Sugar	6g
Fat	3g	**Protein**	7g
Carbs	30g	Sodium	603mg
Fiber	6g		

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