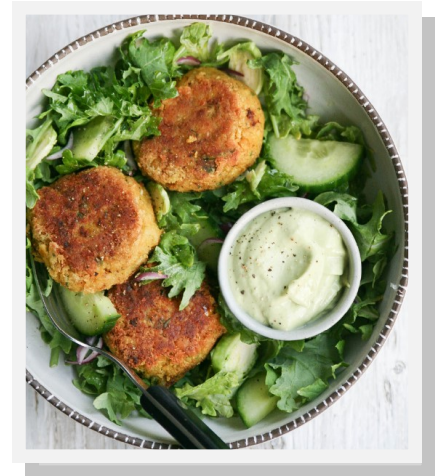


Turmeric Chickpea Patties "Burgers"

INGREDIENTS:

- 1 small red onion, chopped
- 4 cloves of garlic
- 2 Tbsp. olive oil, divided
- 1 can chickpeas, drained, rinsed and thoroughly dried
- 1/4 cup fresh parsley, finely chopped
- 2 Tbsp. corn starch
- 1/4 tsp. salt
- 1 tsp. ground turmeric
- 1 1/2 tsp. ground cumin
- 1 teaspoon of ground paprika



SERVES: 4

DIRECTIONS:

1. Preheat oven to 375 degrees
2. Heat a large metal or cast iron skillet over medium heat. Once hot, add 1 Tbsp (15 ml) olive oil, chopped onion and minced garlic. Sauté until slightly browned, stirring often - about 3 minutes. Season with salt, turmeric, cumin, and paprika. Remove from heat and cool slightly.
3. Next add parsley. Pulse/blend until small bits remain, scraping down sides as needed.
4. Next, add rinsed/dried chickpeas and blend/pulse until a moldable "dough" is formed, scraping down sides as needed. You don't want the chickpeas to turn into a paste, but you also don't want any left whole.
5. Scoop out heaping 3-4 Tbsps. of mixture and form/roll into balls, and then press gently to make a patty. They can be fragile, so handle gently.
6. Take a large plate and sprinkle a few tablespoons of corn starch onto it. Drop patties in the corn starch to coat.
7. Heat the same skillet you used earlier over medium heat. Once hot, add enough oil to form a thin layer on the bottom of the skillet, then add patties. Depending on the size of your pan, you may need to cook them in two batches as to not crowd the pan. Add more oil as needed.
8. Brown patties for about 2-3 minutes on each side. Turn down heat slightly if browning too quickly.
9. Add sautéed patties to a bare or foil-lined baking sheet and transfer to the preheated oven and bake for 12-15 minutes.
10. Once patties are golden brown and fairly firm to the touch, remove from oven. Let cool a few minutes before serving. They will firm up the longer they cool.
11. To serve, top lettuce wraps with patties or serve with salad.
12. Leftovers will keep in the refrigerator for 3-4 days, though best when fresh. Reheat in a 350 degree F oven until warmed through, or in the microwave.
13. Note: You could also JUST use your stovetop or just use your oven to cook if preferred.

Nutrition Facts

Serving Size 1 patty (154g)			
Servings Per Container 4			
Amount Per Serving			
Calories 200	Calories from Fat 70		
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 450mg	19%		
Total Carbohydrate 27g	9%		
Dietary Fiber 6g	24%		
Sugars 2g			
Protein 6g			
Vitamin A 10%	• Vitamin C 15%		
Calcium 4%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4