Chickpea Burgers

Source: The Survivor’s Handbook: Eating Right for Cancer Survival by Neal Barnard, MD, and Jennifer Reilly, RD

These tasty golden patties are made with garbanzo beans, also known as chickpeas. This versatile bean is rich in fiber and protein, and its mild flavor can be transformed with an endless combination of spices.

About the Recipe

177 Calories · 7.2 g Protein · 6.7 g Fiber
Lunch

Garbanzo beans have a delicious nut-like taste and texture and are a great source of protein. Using a vegetable spray significantly cuts down the amount of fat in this recipe without sacrificing flavor.

Ingredients

Makes 4 Servings

- 2 tbsp (30 mL) sesame seeds
- 1/4 c (15 g) potato flour
- 1/2 tsp (2.5 mL) iodized salt
- 1/8 tsp (0.6 mL) cayenne pepper
- 1/2 tsp (2.5 mL) ground coriander or cardamom
- 1 tsp (5 mL) ground cumin
- 1 1/2 tsp (7.5 mL) curry powder
- 1 tbsp (15 mL) soy sauce
- 1/4 c (35 g) cooked bulgur or brown rice
- 1 can or 1 1/2 c (228 g) chickpeas, drained and rinsed
- 1 clove garlic, minced or pressed
- 1 stick celery, finely chopped
- 1 small carrot, finely chopped

- 1 small onion, finely chopped
- to taste vegetable oil spray

Directions

1. Cook the bulgur according to package directions. Toast sesame seeds in a dry skillet until they begin to pop and become fragrant.
2. Grind in a food processor or blender then transfer to a mixing bowl. Add finely chopped onion, carrot, and celery and minced or pressed garlic.
3. Mash chickpeas in the food processor, using an on/off pulsing action, or by hand, using a potato masher. Leave some chunks.
4. Add chickpeas to vegetable mixture, along with bulgur, soy sauce, curry powder, cumin, coriander, cayenne, and salt. Mix thoroughly.
5. Stir in enough potato flour to form a stiff dough. Knead for 30 seconds, then form into 6 patties.
6. Lightly spray a nonstick skillet with vegetable oil spray. Cook patties over medium heat for about 2 minutes until the first side is lightly browned, and then flip and cook the second side for another 2 minutes until it is lightly browned.
7. Enjoy these burgers hot from the skillet. Stored in a covered container in the refrigerator, leftover Chickpea Burgers will keep for up to 3 days.

Nutrition Facts

Per serving

Calories: 177
Fat: 3.5 g
    Saturated fat: 0.4 g
    Calories from fat: 16.8%
Cholesterol: 0 mg
Protein: 7.2 g
Carbohydrates: 31 g
Sugar: 4.3 g
Fiber: 6.7 g
Sodium: 469 mg
Calcium: 63 mg

Iron: 1.7 mg
Vitamin C: 3.5 mg
Beta-Carotene: 1310 mcg
Vitamin E: 0.6 mg