Sunshine Chickpea Burgers

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Brighten up your day with these colorful Sunshine Chickpea Burgers! Put these delicious patties on a bun with lettuce and your favorite condiments. This burger pairs nicely with grilled veggies.

About the Recipe

137 Calories · 6 g Protein · 6 g Fiber
Lunch
Gluten-free · Nut-free

Chickpeas are a great source of fiber and protein.

Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it’s best to buy oats with a gluten free label. Be sure to choose a gluten free bun or lettuce wrap if you are following a gluten free diet.

Ingredients

Makes 10 Servings

- 2 carrots, sliced
- 1 clove garlic, sliced
- 2 cans (456 g) chickpeas, rinsed and drained
- 1/4 c (14 g) dry packed sun-dried tomatoes, sliced
- 2 tbsp (30 mL) tahini
- 1 tbsp (15 mL) red wine vinegar or apple cider vinegar
- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2.5 mL) dried rosemary
- 1/2 tsp (2.5 mL) ground cumin
- 1/2 tsp (2.5 mL) iodized salt

- 1 c (81 g) rolled oats

Directions

1. In a food processor, combine the carrots and garlic. Pulse several times to mince.
2. Add the chickpeas, tomatoes, tahini, vinegar, paprika, rosemary, cumin, and salt. Puree until well combined, scraping down the sides of the bowl once or twice.
3. Add the oats and pulse briefly to combine. Refrigerate the mixture for 30 minutes.
4. Preheat the oven to 400 F (232 C). Line a baking sheet with parchment paper. Use an ice cream scoop to scoop the mixture onto the prepared baking sheet, flattening to shape it into patties.
5. Bake for 18-20 minutes, flipping the burgers halfway through. Alternatively, you can cook the burgers in a non-stick skillet over medium heat for 6-8 minutes per side, or until golden brown.

Nutrition Facts

Per serving

Calories: 134 kcal
Fat: 4 g
    Saturated Fat: 0.5 g
    Calories From Fat: 19%
Cholesterol: 0 mg
Protein: 6 g
Carbohydrates: 15 g
Sugar: 3 g
Fiber: 5 g
Sodium: 246 mg
Calcium: 49 mg
Iron: 1.5 mg
Vitamin C: 1 mg
Beta-Carotene: 1229 mcg
Vitamin E: 0.5 mg