



Chickpea Burgers



Ingredients



- 1 1/2 cups cooked chickpeas (1 15 oz. can, drained and rinsed)
 - 1/2 small onion
 - 1/2 cup mushrooms
 - 2 green onions
 - 1/4 cup diced bell pepper or shredded carrot (optional)
 - 1/4 cup oats
 - 1/4 cup whole wheat flour
 - 2 eggs, beaten
 - Juice of 1 lemon
 - 3 cloves garlic
 - 1 Tbsp. chili powder
 - 1 tsp. cumin
 - 1 tsp. oregano
 - 1/2 tsp. salt
 - Pepper to taste
- Yield: 4 servings
Serving Size: 1 burger



Directions



1. Preheat oven to 350 F.
2. Place chickpeas in a large bowl. Mash with a fork.
3. Dice onion, mushroom, and green onion. Add to chickpeas. Add diced bell pepper or shredded carrot if using.
4. Add oats, whole wheat flour, eggs, lemon juice, garlic, and spices to bowl. Mix to combine.
5. Form into four burger patties. If you desire a stickier texture, add more flour (1 Tbsp. at a time) until desired texture is achieved.
6. Place them on a baking sheet lined with parchment paper and bake for 20 minutes, flipping halfway through baking.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Alternative cooking option: cook on stove top in oiled pan until brown and crispy on both sides.
- Top with avocado, lettuce, tomato, onion, spinach—or anything else you'd want on a burger!
- Eat with a whole grain bun or on top of a salad.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1 burger
Amount Per Serving	
Calories	360
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2g	
Cholesterol 80mg	27%
Sodium 420mg	18%
Total Carbohydrate 57g	21%
Dietary Fiber 15g	54%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 6.48mg	35%
Potassium 705mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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