



# 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.

### Estimated Price:

Yield (4 servings): \$3.55

Serving Size (1 burger): \$0.89

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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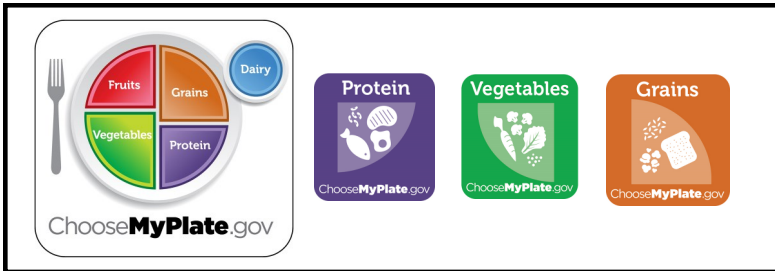
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# Fast Facts



## 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.

## Nutrition Facts



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

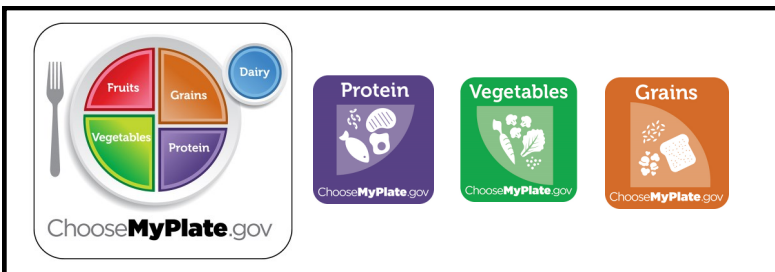
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