



Mediterranean Chickpea Burgers



Ingredients



Adapted from *FeedGoodFoodie.net*

- ¼ red onion
- ¼ cup fresh parsley
- 4 garlic cloves
- 1 teaspoon oregano
- 15 ounces canned chickpeas drained and rinsed
- ½ cup rolled oats
- ¼ cup all-purpose flour
- ½ cup crumbled feta
- ½ cup sundried tomatoes drained
- 2 tablespoons olive oil plus more, if needed



Directions



Yield: 6 patties **Serving size:** 1 patty

- In the bowl of a food processor, combine red onion, parsley, garlic, and oregano until finely minced. Add chickpeas, oats, flour, feta, and sun dried tomatoes until mixture starts to come together into a large ball.
- Using ¼ cup of the chickpea mixture, form 6 patties about ½ inch thick and arrange on a parchment lined sheet pan.
- Line a baking sheet with paper towels. Heat oil in a large skillet over medium heat. Add patties in batches and cook until golden brown, 4-5 minutes per side. You may need to add additional oil between batches. Transfer to prepared baking sheet. Assemble burgers and serve immediately.

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



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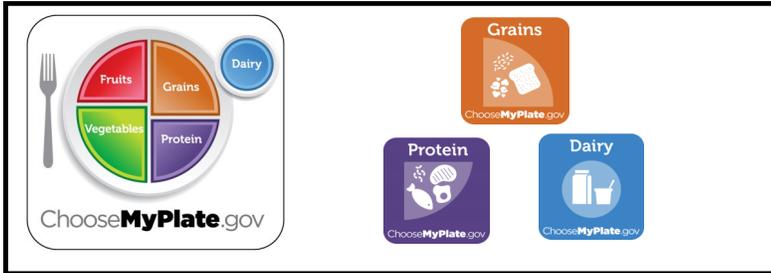
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Fast Facts



Featured Food Groups



Cooking Tips



- Spruce up your burger with additional veggies like sprouts, fresh tomatoes, lettuce or even cucumbers!
- **Storage:** Store any leftovers in an airtight container for up to 4 days.

Second Harvest is an equal opportunity provider.

Chickpea Burger		
Nutrition Facts		
Serving Size	1 Patty	
Amount Per Serving		
Calories	240.3	
	% Daily Value*	
Total Fat	11 g	14 %
Saturated Fat	2.7 g	14 %
Trans Fat	0.1 g	
Cholesterol	11.1 mg	4 %
Sodium	319.6 mg	14 %
Total Carbohydrate	28.3 g	10 %
Dietary Fiber	6.6 g	23 %
Total Sugars	5 g	
Added Sugars	0 g	0 %
Protein	9.1 g	
Vitamin D	0.1 mcg	0 %
Calcium	114.3 mg	9 %
Iron	1.8 mg	10 %
Potassium	304.2 mg	6 %

* 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.

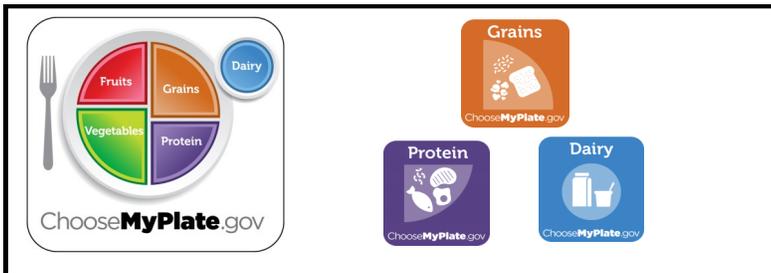
Full Info at cronometer.com </>



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