

## Basic Shelf FNIHB Nutrition Webinar – March 14<sup>th</sup>, 2018

### Chickpea Burgers

#### *Ingredients*

1 can	(19 oz/540ml) chickpeas, drained and rinsed*
4	green onions trimmed and sliced
1	egg
2 tbsp	all-purpose flour
1 tbsp	chopped fresh oregano or use ½ tsp dried oregano
½ tsp	ground cumin
¼ tsp	salt
2 tbsp	vegetable oil
2	pita breads (6 ½ inches)

#### Chickpeas have many health benefits:

- Improve digestion (high in fibre)
- Help protect against heart disease and cancer
- Beneficial in controlling blood sugar levels
- Provide essential vitamins and minerals (such as folate and iron)
- Great source of plant based protein
- Cheap and long storage life

\*Or use 2 cups (500ml) of cooked dried chickpeas instead. See page 14 of Basic Shelf for how to cook dried chickpeas.

#### *Instructions*

1. Place chickpeas, green onions, egg, flour, oregano, cumin and salt in big bowl. Use a potato masher or fork to mash the ingredients. The mixture will be moist and should hold together when pressed. Form into 4 patties.
2. Heat oil in a large non-stick pan over medium-high heat. Add patties and cook until golden and beginning to crisp, about 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more.
3. Cut the pita breads in half and warm them up if you like. Put one chickpea patty in each pita half. Serve with tahini sauce (optional) or plain yogurt and any vegetables you may have on hand.

### Tahini Sauce

#### *Ingredients*

1/2 cup	plain yogurt
2 tbsp	tahini (or peanut butter)
1 tbsp	lemon juice
1/3 cup	chopped flat leaf parsley, or about 2 tsp (10mL) dried parsley
¼ tsp	salt

Tahini is a smooth, thick paste made from sesame seeds. Peanut butter is a good substitute for its nutty taste.

#### *Instructions*

1. Combine yogurt, tahini, lemon juice, parsley and salt in a medium bowl. Mix and serve with the chickpea burgers

Recipe from the 'Basic Shelf Cookbook', Canadian Public Health Association 2011. Original obtained from *EatingWell* and [www.EatingWell.com](http://www.EatingWell.com), 2006.