



# Chickpea Burger

Before I switched over to a plant-based diet I often ate burgers with bacon and cheese and copious amounts of BBQ sauce. Until I watched a movie called Fast Food Nation. That was the end of burgers for me, at least the beef kind, I'll leave the details out, but really the ditching of the meat was more focused towards the necessity for ethical treatment of animals vs. the flavor profile, or at that point nothing to do with the nutritional benefits. Now immersed in the landscape of the endless ingredient options to construct a veggie-pattie itself, I feel even better about my decision to say goodbye to the fast food meat. These patties are bustling with flavor, plant-based protein, healthy fats, and fibre, and no animals were harmed in the purpose of creating them. So you can feel good about every single bite for the planet and your health. I've since swapped the bacon out for crunchy mesquite coconut chips, and the cheese out for creamy avocado; the bbq is still in there though.

Chickpeas, 2 cup strained of any juices

Carrot, 1 medium

Onion, 1/4 cup finely chopped

Cilantro, 1/2 cup finely chopped

Garlic, 4 clove micro-planned or minced

Bread crumbs, 3/4 cup (about 1.5 bread slices)

Low-sodium soy sauce, 3 Tbsp

Sriracha, 1 Tbsp

Pepper, 2 tsp

Eggs, 2

Olive oil, 2 Tbsp(for burgers)

Coconut or olive oil, 2-3 Tbsp for baking

Parchment paper

1. Set oven to bake on 425 F.
2. Toast 2 pieces of bread.
3. Drain chickpeas. Pulse in food processor or blender. Pulse, don't blend. Until the beans are broken up. If you are using a Nutri-bullet or Magic-bullet, do this 1-cup at a time.
4. Dice carrot and pulse as well (separately).
5. Pulse 1.5 slices of toasted bread until they are bread crumb consistency.
6. In a bowl add, pulsed chickpeas and carrots, onion, cilantro, garlic, breadcrumbs, soy sauce, sirracha, pepper and mix until combined.
7. Add eggs and olive oil to mixture and combine until all integrated.
8. Line a pan with parchment paper and drizzle with coconut oil or olive oil.
9. Scoop 1/2 cup portions of mixture and form into patties with your hands. They will feel a bit sloppy, but this consistency will mean moist burgers vs. dry ones, when the cooking process is complete.
10. Bake for 12 minutes.
11. Flip patties and bake for another 3-4 minutes.
12. Let rest for 5 minutes & serve with any fixings you like.