

Middle Eastern Chickpea Burgers

By Chef Rebecca Katz with Mat Edelson

from the Cancer-Fighting Kitchen Cookbook

INGREDIENTS:

- 2 cups cooked chickpeas (or 1 15 oz. can chickpeas rinsed, and mixed with fresh lemon juice and sea salt)
- ½ tsp sea salt
- ½ tsp turmeric
- ½ tsp paprika
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1/8 tsp ground cinnamon
- 2 tsp minced ginger
- 1 tsp minced fresh ginger
- 3 TBS EV Olive oil
- 2 TBS lemon juice, freshly squeezed preferred
- 2 ½ cups cooked brown basmati rice
- 3 TBS finely diced red bell pepper & ¼ cup loosely packed minced fresh flat leaf parsley



PROCEDURES

1. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
2. Combine the chickpeas, salt, turmeric, paprika, cumin, coriander, cinnamon, garlic, ginger, olive oil, and lemon juice in a good processor and process until smooth and well combined, scraping the sides occasionally. Transfer the mixture to a bowl and fold in the rice, bell peppers, and parsley.
3. Moisten your hands to keep the mixture from sticking, then shape the mixture into ¼ “ thick patties about 2.5” in diameter. Place them on the prepared pan and bake for 22 – 25 minutes, until the patties start to get dry and crisp on the outside. They will firm up as they cool.
4. Variations: for a crispy burger, heat 2 tsp olive oil in a skillet over medium heat and cook the patties for about 3 minutes on each side, until golden brown.