



# Superfood Veggie Slaw Chickpea Burger



## Ingredients

- 1 cup dry chickpeas (canned or cooked chickpeas will not work)
- 4 cups Superfood Veggie Slaw
- ½ yellow onion, peeled with stem cut off
- 4 cloves garlic, peeled
- 1 ½ tsp. salt
- 1 tsp. ground black pepper
- 1 Tbsp. ground cumin
- 1 Tbsp. ground coriander
- ¼ cup all-purpose flour
- ¼ bunch cilantro, including stems

## Directions

Soak dry chickpeas overnight in 4 cups of water.

Preheat oven to 400 degrees F.

Place slaw in the bowl of a food processor and pulse for a total of five seconds to mince



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the vegetables, but not puree. Dump out the minced vegetables into a medium mixing bowl.

Drain the soaked chickpeas and discard the water. Place the drained chickpeas and all of the remaining ingredients into the bowl of a food processor. Puree all of the ingredients finely, periodically scraping down the bowl, about 1 minute. Add the chickpea puree to the bowl of minced vegetables, and mix well. Scoop 1/2 cup of the mix and shape into patties.

Heat 2 tablespoons of vegetable oil in a large non-stick skillet. When hot, add the patties and brown on both sides, 2-3 minutes per side. Remove patties from the skillet, place them on a sheet tray lined with parchment paper, and finish cooking them in the oven for 8 minutes.

Serve on whole wheat hamburger buns or in pita bread.

Makes 6 patties