

Vegetarian/Chickburgers

A: 3/4C chickpeas, dry

B: 2T tahini

1t rosemary, ground

2t olive oil

C: 1/4C green onion, chopped

2 eggs, discard one yolk

1T cilantro, chopped

3/4C bread crumbs, toasted

1. Pressure cook (A) for 35 minutes, then add (B) and process until smooth.
2. Combine (C) with processed mixture and mix to make wet dough, adding water if needed.
3. Drop heaping spoonfuls into hot oiled pan, flatten, and fry 4-5 minutes per side.

Servings: 6

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From the kitchen of David and Jennifer Deaven