



Chickpea Burgers & Lemon Yogurt Sauce

Makes 4 Burgers

- 1 15-ounce can chickpeas, rinsed & drained
- 3-4 scallions, sliced
- 1 egg white
- 2 Tablespoons whole wheat or white flour
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 2 teaspoons olive oil or non stick spray
- 4 large pitas cut in half

Lemon Yogurt Sauce:

- ½ cup low-fat plain yogurt
- 1 ½ Tablespoons lemon juice
- ½ cup chopped parsley

- Place chickpeas, scallions, egg white, flour, oregano, cumin and salt in a large mixing bowl or food processor. Mix or pulse until coarse mixture forms that holds together when pressed. Form into 4 patties.
- Heat oil in a large nonstick skillet over medium-high heat. Add patties and cook until golden 4 to 5 minutes. Flip and cook until golden brown, 2 to 4 minutes more.
- Serve burgers in pita halves with lemon yogurt sauce and sliced cucumbers.

Nutritional Information – per burger:

Calories: 260

Fat: 5g

Saturated fat: 0.7g

Carbohydrates: 41g

Fiber: 8g

Protein: 14g

Recipe adapted from *Healthy in a Hurry* by Eating Well