



# Smoky Chickpea Patties

SERVINGS: 4 PATTIES

PREPPING TIME: 15 MINS

COOKING TIME: 10 MINS

## INGREDIENTS

- 1 can low sodium chickpeas, drained and rinsed
- 1 shallot, finely chopped
- 1 celery stalk, finely chopped
- 1/4 cup garbanzo bean flour
- 1/2 tsp. ground coriander
- 1/2 tsp. ground cumin
- 1/2 tsp. smoked paprika
- 1 tbsp. lemon juice
- Olive oil for cooking (about 1-2 tbsp.)

## DIRECTIONS

1. Drain and rinse the canned chickpeas thoroughly under cold water to remove excess salt and canning liquid. Transfer them to a large mixing bowl. Using a fork or potato masher, mash the chickpeas until they form a chunky paste.
2. Finely chop the shallot and celery. Add both to the mashed chickpeas, stirring well to combine. The vegetables will add crunch and flavor.
3. Add the garbanzo bean flour, ground coriander, cumin, smoked paprika, and lemon juice to the chickpea mixture. Stir everything together until the flour and spices are evenly distributed. The garbanzo bean flour helps bind the mixture, so make sure there are no dry patches of flour remaining.
4. Divide the mixture into equal portions and shape each portion into a round patty. Press the mixture firmly to make sure the patties hold together well.
5. Heat a large nonstick skillet or cast iron pan over medium heat. Add about 1-2 tablespoons of olive oil and let it heat up for about a minute, ensuring the oil shimmers but does not smoke.
6. Once the oil is hot, carefully place the chickpea patties in the skillet, ensuring they don't overlap. Cook for 4-5 minutes on one side, or until the bottom is golden brown and crisp. Flip the patties gently with a spatula and cook the other side for another 3-4 minutes, adding a little more oil if needed, until both sides are golden and the patties are heated through.
7. Remove the patties from the skillet and transfer to a plate lined with paper towels to absorb any excess oil. Serve warm, with a side of salad, or on your favorite hamburger bun.

## NUTRITION

Serving size: 1 patty  
 (per serving) 147.9 calories, 5.6g fat, 0.7g saturated fat, 0mg cholesterol, 17.4mg sodium, 19.4g carbohydrate, 5g fiber, 4g sugar, 5.9g protein