

Chickpea Burgers:

Serves 4

2.5 cups of chickpeas drained and well mashed (about 2 14 ounce cans)

1 onion, finely chopped
crushed

2 cloves of garlic,

2 medium potatoes cooked and mashed

2 tbsp of soy sauce

2 tsp lemon juice

black pepper

whole wheat flour

oil for frying

To mashed chickpeas, add onion, garlic, potato, soy sauce, lemon juice and pepper. Mix well. With floured hands, shape into small burgers, coat each burger with flour and refrigerate for 1 hour. Heat a little oil and gently fry the burgers on each side until golden brown. *These are nice cold and are great for in packed lunches or picnics. In addition, they reheat nicely on the BBQ for summer fun.