



Greek Chickpea Burgers

Wine Pairing: Rosé

Burger Type: Plant-Based Alternative

Bun Type: Wheat

Diane Collins

Upper Marlboro, Maryland

INTRODUCTION:

This was the best veggie burger I have ever made in my whole life! It's so delicious with just the perfect amount of crispy and juicy. Packed with juicy Kalamata olives, zippy lemon and fresh herbs, these Greek-inspired chickpea burgers are like a Mediterranean flavor party in your mouth! Easy to whip up and great for healthy, make-ahead meals.

Serves: 12 Small Burgers/Sliders

INGREDIENTS:

Burger:

- 2 Cups oat flour
- 2 (14-Ounce or 200 grams) cans chickpeas, drained and rinsed
- 1 Cup red onion, chopped
- 2/3 Cup Kalamata olives, roughly chopped
- 4 Tablespoons scallions, chopped
- 4 Garlic cloves, minced
- 4 Tablespoons fresh oregano leaves
- 4 Tablespoons lemon juice
- 1 Teaspoon salt, or to taste
- 4 Tablespoons olive oil
- 1 Egg
- 1 Red onion, sliced
- 12 Lettuce leaves
- 12 Wheat buns
- 2 Large tomatoes, sliced into at least 12 pieces



INSTRUCTIONS:

Burger:

1. Place oat flour, chickpeas, egg, red onion, Kalamata olives, scallions, garlic, oregano, lemon juice and salt in a food processor
2. Pulse the food processor until everything is finely chopped and well mixed, stopping to scrape down the sides of the bowl as needed
3. Shape the mixture into 12 small burgers
4. Coat the bottom of a medium skillet with olive oil and place it over medium heat
5. When the oil is hot, arrange the burgers in the skillet, cooking as many as you can fit without crowding
6. Cook the burgers for about 2 to 3 minutes on each side until golden and crisp
7. Cook any remaining burgers in another batch, adding oil to the skillet if needed
8. Place the burgers onto buns and top with sliced red onion, lettuce and tomato
9. Serve!