



Recipes for Success



Chickpea Lentil Burgers

Makes: 4 - 6 burgers

Ingredients:

Green lentils (raw)	1/3 cup
Cooked Chickpeas (drained & rinsed)	1 (540 ml) can
Lemon juice (freshly squeezed)	1 tbsp
Raw garlic (bashed & smashed)	½ tsp
Roasted garlic (bashed & smashed)	½ tsp
Ground cumin	¼ tsp
Green onion (thinly sliced)	1
Parsley leaf (small bunch, chiffonade)	1
Salt & cracked black pepper	½ tsp each
Tapioca flour	1/3 cup

Directions:

1. Preheat oven to 400 F
2. Bring lentils to a simmer in 3x the amount of liquid until tender cool to room temp
3. Pulse chickpeas in a food processor or chopped and bash with a knife
4. Add all ingredients to a bowl, mix it all up and form into patties
5. Get a pan hot with just enough canola oil to coat the bottom, add burgers (don't crowd the pan, make sure your burgers are not touching, or they will end up soggy instead of nice and crispy on the outside)
6. Remove seared burgers and place on a cookie sheet, once all the burgers are seared off, place them into oven for about 5 minutes, or warmed all the way through
7. Serve with a tomato chutney, or relish, and some fresh veggies on your favorite type of bun

Suggested Tasks for Children:

- Measure ingredients
- Mix ingredients
- Help clean up

