

# Middle Eastern Chickpea Burgers

## Ingredients

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- 2 cups** cooked chickpeas or 15 ounce can, drained, rinsed and mixed with a spritz of fresh lemon juice and a pinch of sea salt
- 1/2 teaspoon** sea salt
- 1/2 teaspoon** turmeric powder
- 1/2 teaspoons** paprika
- 1/4 teaspoon** ground cumin
- 14 teaspoons** ground coriander
- 1/8 teaspoon** ground cinnamon
- 2 teaspoons** minced garlic
- 1 teaspoon** minced fresh ginger root
- 1 Tablespoon** sesame tahini (or 1 organic egg)
- 3 Tablespoons** extra-virgin cold pressed olive oil
- 2 Tablespoons** freshly squeezed lemon juice
- 2 1/2 cups** cooked brown basmati rice
- 3 Tablespoons** finely diced red bell pepper
- 1/4 cup** loosely packed minced fresh flat-leaf (Italian) parsley

## Method

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Preheat the oven to 375F and line a baking sheet with parchment paper. Combine chickpeas, salt, turmeric, paprika, cumin, coriander, cinnamon, garlic, ginger, sesame tahini or egg, olive oil and lemon juice in a food processor and process until smooth and well combined, scraping the sides occasionally. Transfer the mixture to a

bowl and fold in the rice, bell pepper and parsley.

Moisten your hands to keep the mixture from sticking, then shape the mixture into 1/4" thick patties about 2 1/2 inches in diameter. Place them on the prepared pan and bake for 22 to 25 minutes, until the patties start to get dry and crisp on the outside. They will firm up as they cool.

**OPTIONS:** For a more crispy burger, heat 2 Tablespoons olive oil in a skillet over medium heat and cook the patties for about 3 minutes on each side, until golden brown.

**COOK'S NOTE:** If you want to cook just a few patties, pop them in your toaster oven. To freeze these burgers, either cooked or uncooked, stack them up with parchment paper between the burgers, then wrap first in plastic wrap, then in foil. The parchment paper makes it easy to remove the desired number of burgers from the bundle. Once thawed, cooked burgers can be reheated at 350F for 15 minutes, and uncooked burgers can be baked as directed here, at 375F for 22 to 25 minutes.

**STORAGE:** Store in a covered container in the refrigerator for 3 to 5 days. Burgers can also be frozen in cooked or uncooked form for 2 months.

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**Source:** <https://www.rebeccakatz.com/recipe-box/middle-eastern-chickpea-burgers#> (Yield: about 17 patties)

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