Ultimate Chickpea Veggie Burgers | bites out of life

Adapted slightly from [101 Cookbooks](#)

- 2 15-ounce cans chickpeas, drained and rinsed

- 4 large eggs

- 1/2 teaspoon fine-grain sea salt

- 1 teaspoon cumin

- 2 teaspoons cayenne

- 1 medium onion, chopped

- 3 cloves garlic, minced

- grated zest of one large lemon

- 1 cup bread crumbs or panko

- 1 tablespoon extra-virgin olive oil

1) Combine the chickpeas, eggs, and salt in a food processor and puree until the mixture is the consistency of a very thick, slightly chunky hummus.

2) Transfer to a mixing bowl and stir in the cumin, cayenne, onion, garlic and lemon zest. Stir in the breadcrumbs and set aside for a few minutes, so that the crumbs absorb some of the moisture.

3) Form 8 palm-sized patties that are 1-1/2 inches thick. If the mixture is too wet, add more bread crumbs. If it's too dry, add some water or an additional egg.

4) In a large skillet, heat the oil on medium low heat. Add 2 patties, cover and cook for 7-10 minutes, until the bottoms begin to brown. Flip and cook on the second side for an additional 7 minutes, or until golden-brown. Cool on a wire rack and top with avocado, or other toppings of your choice.

From: http://www.bitesoutoflife.com/2012/02/06/ultimate-chickpea-veggie-burgers/