

## MUSHROOM FALAFEL BURGERS

### **Ingredients:**

1 can (540 mL) chickpeas, drained and rinsed  
¼ cup mushrooms, chopped  
3 Tbsp olive oil  
2 Tbsp lemon juice  
1 garlic clove, minced  
1 tsp ground coriander  
1 tsp ground cumin  
Pinch cayenne pepper  
Salt  
4 burger buns  
4 romaine lettuce leaves  
Sliced tomato  
Sliced red onion

**Tip:** this recipe is a great alternative to the traditional deep-fried falafel and tastes as great, if not better. For an even healthier alternative, bake the burger patties in the oven. Add cheddar cheese for a cheeseburger.



### **Instructions:**

- Spread chickpeas out on a kitchen towel. Use another towel on top to remove any moisture.
- In a food processor, combine the chickpeas, mushrooms, 1 Tbsp olive oil, lemon juice, garlic, coriander, cumin, cayenne and salt. Pulse until a crumbly paste forms.
- Taste the mixture and add any additional spices if needed. Pulse again.
- Form four burger patties, about 1 cm (½ inch) thick.
- In a large nonstick skillet, heat remaining oil on medium heat. Add the burger patties and cook for a few minutes on each side, until lightly browned.
- Place each burger on a bun and top with lettuce, tomato and onion.
- Serve with our *Tzatziki Sauce*, *Homemade Ketchup* and *Radish Slaw*.

Serves 4

### **Good to know**

Chickpeas are an excellent choice of legumes. They are high in fibre and a good source of B vitamins, minerals and protein.