



CHICKPEA TZATZIKI BURGER

Makes 8 servings | Serving size: 1 burger

PREP TIME
30 min

COOK TIME
40 min

TOTAL TIME
1 hr 10 min

Inspired by our gyro burger, we wanted to make a vegan version. Oftentimes, veggie burgers are a little complicated to make, and require lots of chopping, some pureeing, and freezing to get a good end result. With this burger, we made it very simple—just blend!

Ingredients

Patty

- ½ cup oats
- ¼ cup whole wheat flour
- ¼ cup flax meal
- 2 (15-ounce) cans chickpeas
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 tablespoon Dijon mustard
- 1½ teaspoons smoked paprika
- 1 small white onion, roughly chopped
- ¼ cup cilantro, chopped
- 1 lemon, juiced
- ½ teaspoon black pepper
- 2 teaspoons olive oil
- 2 teaspoons crushed red pepper

Vegan tzatziki

- ½ cup cucumber, minced
- 1 cup plain soy yogurt
- 2 teaspoons red wine vinegar
- 2 teaspoons fresh lemon juice
- 1 teaspoon salt
- 2 teaspoon dried dill
- 1 teaspoon garlic powder
- Freshly ground pepper

Assembly

- 8 whole wheat buns
- 8 romaine leaves
- Sliced cucumber (optional—for extra crunch)
- 2 tomatoes, sliced



- ½ red onion, sliced

Directions

1. For the chickpea patties, place all the ingredients in a food processor and blend together. Make sure ingredients are well mixed, but not puréed.
2. Form into 8 patties, then place on a silicone-lined or greased baking sheet.
3. Cover and place in freezer for about 20 minutes.
4. Preheat oven to 350°F.
5. Bake for 20 minutes or until golden brown. Flip, then bake for another 20 minutes.
6. Broil on high for two minutes on both sides.
7. For the tzatziki sauce, mix all ingredients together in a small bowl.
8. To assemble the burger, place a patty on a burger bun. Top with 2 tablespoons of tzatziki sauce, then, if desired, top with romaine lettuce, cucumber, tomato slices, and red onion. Enjoy!