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Tangy Chickpea Burger

Ingredients:

2 cups chickpeas, cooked
1 cup wild rice, cooked
3 tbsp sunflower seeds
2 tbsp walnut pieces
2 tbsp ground flaxseed
3 tbsp plain oats
2 cloves garlic, minced
1/2 red bell pepper, diced
1 jalapeno pepper, diced
1 carrot, shredded
3 tbsp plain Greek yogurt
1 tbsp Dijon mustard
1 tbsp reduced-sugar barbecue sauce
salt and pepper to taste

Directions:

1. Begin by preheating your oven to 300 degrees F. Toast the sunflower seeds and walnuts for about 10 minutes.
2. Mash together the chickpeas and hot rice using a masher until a thick paste is formed.
3. Stir in the rest of the ingredients.
4. Form into four patties. Grill for about 4-5 minutes per side, or until slightly browned and firm.
5. Brush with a little extra barbecue sauce for added flavor partway through cooking. Serve immediately.

Nutrition Info:

Serving size: 1 burger
Recipe yields: 4
Calories: 315
Fat: 13 g
Carbs: 37 g
Protein: 10 g