

a better burger

Chickpea-packed patties so tasty, your kids will never miss the meat

by Caroline Shannon-Karasik

Chilly winter days don't mean you have to say goodbye to your green thumb. In fact, sprouted chickpeas are not only a fun project, but a tasty way to bring a bit of homegrown crunch into your next dish. And since they pack more nutrients than their precooked counterparts, it makes them a healthy addition to any recipe, like these kid-friendly burgers.

sprouted chickpea vegetable burgers

Active time: 20 minutes

Total time: 35 minutes

- 1 cup sprouted chickpeas
- 6 fresh basil leaves
- 1 large egg
- 1 medium carrot, peeled and diced
- 1 stalk celery, diced
- ¼ cup yellow onion, diced
- 2 cloves garlic, minced
- 2 tablespoons flat-leaf parsley, chopped
- ¼ cup plain breadcrumbs
- ½ teaspoon salt
- Dash of ground black pepper
- 1 tablespoon olive oil
- 4 whole grain buns
- Mayonnaise, ketchup, lettuce, or other toppings, optional



parent & child: Follow the Cooking Class directions on [page 48](#) for how to sprout chickpeas.

parent: Fill a pot with an inch of water and place a steamer basket in it. Steam the chickpeas for 10 minutes, or until tender.

parent & child: While the chickpeas are steaming, carefully pull the basil leaves off the stems. Hand the leaves to your parent and throw away the rest.

parent: Roughly chop the basil leaves and set aside. Place cooled chickpeas and egg into a food processor and pulse until well-combined, allowing for small pieces of the chickpeas to remain. Use a spatula to scrape the mixture into a large bowl.

parent & child: Add the basil, carrot, celery, onion, garlic, and parsley to the chickpea mixture. Then add breadcrumbs, salt, and pepper. Stir all ingredients until well-combined.

child: Using your hands, take a palm-size handful of the mixture and work into a flat, circular patty. Place it on a plate and repeat to form three more. Don't forget to wash your hands after you finish making all the patties!

parent: Pour olive oil into a large skillet and place over medium heat. Add the patties, cooking about 5 to 8 minutes on each side, until golden brown. Carefully remove the patties from the skillet and place on the bottom half of a whole-grain bun.

parent & child: Add ketchup, lettuce, tomato, and any other accompaniments your family loves. Finish by topping the burger with the other half of the bun.

Serves 4

Per serving: calories 276, fat 7 g, protein 10 g, carbohydrates 43 g, dietary fiber 6 g