

# Chickpea Patties with Tahini and Greek Salad Bowls

## Chickpea Patties:

These chickpea patties are made with simple ingredients and easy prep. They are gluten free and dairy free. They pair well with tahini dressing and chopped vegetable salad.

## Ingredients:

- 1 15-ounce canned chickpeas rinsed, drained
- $\frac{1}{4}$  cup chickpea flour
- $\frac{1}{4}$  cup nutritional yeast
- 2 Tablespoons chopped parsley
- 1 teaspoon Hawaij spice (can replace with cumin)
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 3 Tablespoons water
- 2 Tablespoons olive oil (plus oil 1-2 to brush the pan)

## Directions:

1. In a medium bowl, combine the chickpeas, flour, nutritional yeas, parsley, cumin, salt, pepper. Add 3 Tablespoons water and 2 Tablespoons of olive oil and use a masher to combine the ingredients until they are well blended.
2. Form 6 patties from the mixture.
3. Heat a large pan with oil and add the patties. Cook until browned, 3-5 minutes per side.
4. Serve with tahini or any other sauce of choice.

## For Tahini:

## Ingredients:

- 1 cup tahini sesame seed paste (made from light colored

seeds)

- 3/4 cup cold water, or more for consistency
- 1 clove garlic, minced
- 1/4 cup fresh lemon juice
- 1/4 tsp fine ground sea salt
- 2 tsp fresh parsley, minced

#### Directions:

1. Whisk together the tahini paste, water and lemon juice until creamy consistency.
2. Add garlic, salt and parsley and mix well together.

To serve, assemble 2 bowls with chopped romaine, tomatoes, and cucumbers. Add the patties and drizzle with tahini sauce.