

# 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 chickpea rinsed, drained
- $\frac{1}{4}$  cup chickpea flour
- $\frac{1}{4}$  cup nutritional yeast
- 2 Tablespoons chopped parsley
- 1 teaspoon cumin
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 3 Tablespoons water
- 2-3 Tablespoons olive oil

## Directions:

1. In a medium bowl, combine the chickpeas, flour, nutritional yeast, parsley, cumin, salt, pepper. Add 3 Tablespoons water 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.