

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.