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Chickpea Burgers and Tahini Sauce

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Ingredients

- 1 can(s) beans, garbanzo (chickpeas), 19-ounce can, rinsed
- 4 whole scallion(s) (green onions), trimmed and sliced
- 1 large egg(s)
- 2 tablespoon flour, all-purpose
- 1 tablespoon oregano, fresh, chopped
- 1/2 teaspoon cumin, ground
- 1/4 teaspoon salt
- 2 tablespoon extra-virgin olive oil
- 2 whole pita, whole-wheat, 6 1/2-inch, halved, warmed if desired
- 1/2 cup(s) yogurt, low-fat plain
- 2 tablespoon tahini (sesame seed paste)
- 1 tablespoon lemon juice
- 1/3 cup(s) parsley, flat-leaf, chopped
- 1/4 teaspoon salt

Preparation

To prepare burgers:

1. Place chickpeas, scallions, egg, flour, oregano, cumin and 1/4 teaspoon salt in a food processor. Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. (The mixture will be moist.) Form into 4 patties.

2. Heat oil in a large nonstick skillet over medium-high heat. Add patties and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more.

To prepare sauce & serve:

3. Meanwhile, combine yogurt, tahini, lemon juice, parsley and 1/4 teaspoon salt in a medium bowl. Divide the patties among the pitas and serve with the sauce.