

Chickpea and Sun-Dried Tomato Burgers



Discover our mouthwatering recipe for Chickpea and Sun-Dried Tomato Burgers. Indulge in this flavorful vegetarian burger with a perfect texture and a burst of taste from the sun-dried tomatoes. A healthy and delicious choice for burger lovers.

Preparation 15 min

Cooking 35 min

Servings 6

Nutrition Facts (per serving)

Calories 210

Fat 10

Carbohydrates 23

Fibre 6

Protein 8

Sodium 350

Ingredients

- 500 mL (2 cups) cooked chickpeas
- 1 medium onion, chopped
- 2 to 3 cloves of garlic, finely chopped
- 45 mL (3 tbsp.) sun-dried tomatoes
- 250 mL (1 cup) pecans or other nuts

- Salt and pepper to taste
- Olive oil for cooking

Preparation

1. Place all ingredients except for salt, pepper, and olive oil in a food processor. Pulse a few times, then coarsely puree the mixture.
2. Season with salt and pepper. Continue mixing to achieve a smoother consistency.
3. Transfer to a bowl and cover. Refrigerate for 1 hour to slightly firm up the mixture for easier shaping.
4. Preheat the oven to 400°F. Shape the mixture into burgers using your hands (approximately 6 patties, 0.5 inch thick) and place them on a parchment-lined baking sheet.
5. Brush both sides of the burgers with olive oil, then bake in the oven for 30 to 35 minutes.

Notes

You can freeze the raw burgers.



Gabrielle Simard – Créatrice culinaire
Culinary Creator