



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Chickpea Sliders

A healthy alternative to a crispy chicken sandwich, this slider is packed with protein-rich chickpeas and is just waiting to be topped with your favorite garnishes.



INGREDIENTS

- 2 tablespoons cooking oil
- ¼ cup sliced green onions
- 6 diced mushrooms
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1 tablespoon lemon juice
- 1 (15 ounce) can rinsed and drained chickpeas
- 1 egg
- ½ cup grated cheese (any kind)
- 1 teaspoon granulated garlic
- 2 tablespoons flour

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INSTRUCTIONS

1. Preheat oven to 400° F.
2. Add 1 tablespoon oil to a large pan over medium heat.
3. Add onions and mushrooms and sauté for 5 minutes.
4. Add 1 teaspoon salt, 1 teaspoon pepper, and lemon juice. Sauté 2 more minutes.
5. Remove from pan and set aside to cool.
6. Add chickpeas to a medium bowl and mash with a fork until broken down.
7. Stir in egg and mash till combined.
8. Stir in mushroom mixture, cheese, garlic, 1 teaspoon salt, and 1 teaspoon pepper.
9. Slowly sprinkle in flour and mix till well blended.
10. Form into patties. Place patties on a baking sheet and refrigerate for 10 minutes.
11. Add 1 tablespoon of oil to a pan over medium-high heat.
12. Add chickpea patties, in batches, and cook for 4–5 minutes per side.
13. Remove from pan and place on a paper towel to drain off excess oil.
14. Serve with your favorite burger toppings!