

Edible Perspective

6.17.14

Feta + Herb Chickpea Quinoa Sliders gluten-free // yields appx. 16, 2-inch sliders

- 1 1/4 cups chickpeas, *skins removed*
- 2 cups cooked quinoa
- 1/2 cup finely crumbled feta
- 1/4 cup finely diced shallot
- 3 tablespoons finely chopped sun-dried tomatoes, *not oil-packed*
- 1 1/2 teaspoons minced garlic
- 1 1/2 tablespoons chopped fresh oregano
- 1 teaspoon fresh thyme
- 1/2 teaspoon salt
- 1/4 – 1/2 teaspoon pepper
- 1/8+ teaspoon red pepper flakes, *optional*
- 2 large eggs
- 1 tablespoon extra virgin olive oil
- 1/4 – 1/2 cup quinoa flour, *or light buckwheat, oat, etc.*

garnish: toast, baby kale, feta, kalamata olives, lemon, olive oil

For the sliders: Place chickpeas in a large bowl and mash well with the back of the fork making sure to break all of the beans. Stir in the quinoa, feta, shallot, sun-dried tomatoes, garlic, oregano, thyme, salt, pepper, and red pepper flakes [if using].

In a small bowl whisk the eggs with the oil. Pour the egg mixture over quinoa mixture and stir together. Let sit for 5 minutes and place a large skillet over medium/med-low heat add 1-2 tablespoons of oil to thoroughly coat the pan.

Stir in 1/4 – 1/3 cup quinoa flour. Scoop a golf ball sized amount of the mixture into your hands and form into a ball by passing back and forth between your hands. Lightly flatten the patty to about 1/2 – 3/4-inch thickness. *[The mixture will feel fairly loose and wet but should hold together. If the mixture is not holding together add 1-2 tablespoons more quinoa flour at a time until patties form. The patties firm while cooking.]*

Gently place each patty in the pan and cook for 5-6 minutes until golden brown and firm. *Avoid overcrowding the pan. [I fit 6 small patties in my 10-inch pan.]*

Carefully flip to the other side with a spatula, lowering to the pan with your hand. Cook for another 4-6 minutes until golden brown. *If they're browning too quickly reduce heat to medium-low. You want to cook them for the full amount of time so the egg fully cooks.*

Keep cooked patties in a warm oven [preheated to 200* Fahrenheit] on a baking sheet until ready to serve while you cook another batch of sliders. *Or, let cool to room temperature if desired.*

To garnish: Toast bread and slice into squares slightly larger than the patties. Let toast cool. Place a few baby kale [or other] leaves on top, followed by the slider, a drizzle of olive oil, squeeze of lemon, small cube of feta, and a kalamata olive. Skewer together and serve.

Notes: The eggs are crucial in this recipe. Fully mashing the chickpeas and removing the skins will help ensure the patties hold together in the pan. I recommend making the patties no larger than 3-inches.

**Check this post for my [favorite quinoa cooking method](#). I now use 1 1/4 cups water : 1 cup dry quinoa instead of 2 cups water.*

