

## Edible Perspective

5.9.12

### Falafel Veggie Burgers [yields 6 medium patties]

- 1.5c chickpeas
- 1/2c cooked quinoa
- 1/2c yellow onion, coarsely chopped
- 1/3c carrot, chopped
- 1/4c GF oat flour
- 1.5T garlic, chopped
- 1T + 1t dried parsley
- 1 1/4t cumin
- 1/4t + 1/8t coriander
- 1/4t red pepper flakes
- 1/2t salt
- 1/4t black pepper
- oil for the pan

**toppings:** whole milk yogurt, thinly sliced cucumber, sprouts, a few pinches of fresh dill, avocado, bun [I use [Udi's GF](#)]

1. In a food processor, process the chopped garlic + onion for about 5-10 seconds. Scrape the bowl and pulse a few more times.
2. Add in the carrot and process for another 5-10 seconds.
3. Add in the chickpeas, parsley, cumin, coriander, red pepper flakes, salt, and pepper and process again until well combined. You want some of the texture left in the beans. *Do not puree. Refer to the first photo in the post for the correct consistency.*
4. In a bowl, combine the chickpea mixture with the flour + quinoa and mix until combined.
5. Heat a large pan/griddle over medium heat and coat the bottom of the pan with a thin layer of oil.
6. Form the mixture into 6 medium sized burgers. It should hold together easily and still be quite moist.
7. Once the pan is hot, place a few veggie burgers in at a time. Avoid overcrowding the pan so your burgers are easier to flip.
8. Cook for about 4-7min per side, or until golden brown.
9. Top however you choose.

**notes:** Quinoa, chickpea, or millet flour should work instead of oat flour. For oat flour, you can grind certified gluten free oats, oat groats, or steel cut oats until flour-like. **To cook quinoa:** Rinse 1/2c quinoa thoroughly. Add to a pan heated over medium heat and stir for 2-3min, then add in 1c of water. Bring to a boil, stir 1-2 times, then cover with a lid and simmer for 15-20min, until water is absorbed [do not stir]. Take off the heat, but keep covered and let sit for 10min.

Fluff with a fork. There should be no excess water in the pot but the quinoa should still be very moist.