

Garbanzo Bean Sliders

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 9

Serving size: 1 slider

Ingredients	Quantity	Measure
Onion, diced small	1	cup
Fresh garlic, minced	1/8	cup
Garbanzo beans	1 ½	cups
Walnuts	¼	cup
Cilantro	1	Tbsp.
All-purpose flour	½	cup
Cumin	¼	tsp.
Olive oil, divided	½	cup
Salt	1	tsp.
Pepper	1	tsp.
*Slider buns	9	each

Preparation

1. Sweat onions and garlic for 5 minutes or until soft.
2. Drain garbanzo beans, process in food processor until broken. Do not over process.
3. Mix in walnuts, cilantro, flour, cumin, oil, salt and pepper.
4. Put ¼ cup oil on griddle. Cook patties until golden brown.

Serving Information

One patty on your choice of bread, top with 1 oz. of caramelized onions.

*Can use Homemade Focaccia Bread (see recipe)

Nutrition Information

*From USDA Nutrient Database

Calories: 270 Total Fat: 15.5g Saturated Fat: 1.9g Monounsaturated Fat: 9.1g Polyunsaturated Fat: 2.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27.4g Fiber: 3.2g Total Sugar: 3.4g Protein: 5.2g Sodium: 536mg Vitamin A: 1µg Vitamin C: 2.4mg Calcium: 39mg Iron: 1.7mg Folate: 7µg

