

Chickpea, Cheese and Onion Burger

Paul, Stella and Mary McCartney - *The Meat Free Monday Cookbook*
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Servings: 4

3 tablespoons olive oil, divided
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 can (14 ounce) lentils, drained and rinsed
1 can (14 ounce) chickpeas, drained and rinsed
1 tablespoon tahini
2 tablespoons fresh parsley, chopped
1 egg beaten
2 cups fresh breadcrumbs
1 cup Gruyere cheese, shredded
1 cup feta cheese, crumbled
1/2 teaspoon salt
freshly ground black pepper
all-purpose flour (for dusting)

Heat one tablespoon of olive oil in a large skillet. Add the onion and cook over medium heat until tender but not colored. Add the garlic, cumin and cayenne. Cook for 90 seconds. Remove from the heat.

Put the lentils and chickpeas into the bowl of a food processor and pulse until coarsely chopped.

Add the onion mixture, tahini and parsley. Pulse again until combined and nearly smooth.

Spoon into a large bowl. Add the egg, breadcrumbs and cheeses. Mix with your hands and add the salt and pepper. Shape into patties and lightly dust with flour.

Heat the remaining oil in a large skillet. Place the burgers in the pan and cook until golden on both sides.

Per Serving (excluding unknown items): 742 Calories; 33g Fat (39.7% calories from fat); 40g Protein; 75g Carbohydrate; 25g Dietary Fiber; 63mg Cholesterol; 921mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 5 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	742	Vitamin B6 (mg):	.8mg
% Calories from Fat:	39.7%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	39.4%	Thiamin B1 (mg):	.7mg

% Calories from Protein: 20.9%
 Total Fat (g): 33g
 Saturated Fat (g): 13g
 Monounsaturated Fat (g): 14g
 Polyunsaturated Fat (g): 4g
 Cholesterol (mg): 63mg
 Carbohydrate (g): 75g
 Dietary Fiber (g): 25g
 Protein (g): 40g
 Sodium (mg): 921mg
 Potassium (mg): 1030mg
 Calcium (mg): 592mg
 Iron (mg): 9mg
 Zinc (mg): 6mg
 Vitamin C (mg): 10mg
 Vitamin A (i.u.): 701IU
 Vitamin A (r.e.): 167 1/2RE

Riboflavin B2 (mg): .7mg
 Folic Acid (mcg): 520mcg
 Niacin (mg): 4mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 4 1/2
 Lean Meat: 3 1/2
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 5
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 742 Calories from Fat: 294

% Daily Values*

Total Fat	33g	51%
Saturated Fat	13g	65%
Cholesterol	63mg	21%
Sodium	921mg	38%
Total Carbohydrates	75g	25%
Dietary Fiber	25g	99%
Protein	40g	
Vitamin A		14%
Vitamin C		16%
Calcium		59%
Iron		52%

* Percent Daily Values are based on a 2000 calorie diet.