

Chickpea Burgers with Mint Raita

Chickpeas are seasoned with cumin, paprika and mint before they are tossed with toasted walnuts. Greek yogurt, lemon juice and mint come together for a refreshing mint raita topping, but for a sesame spin try these chickpea burger with our [Tahini Slaw](#). This recipe comes to us from Cara and Phoebe of [Big Girls, Small Kitchen](#).

Serves 4

For the chickpea burgers:

- 1/2 cup walnuts
- 2 garlic cloves
- 1 shallot
- 1 15 ounce can of chickpeas, drained and rinsed
- 1/4 cup mint, minced
- 1 tablespoon parsley
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon paprika
- 1/2 cup freshly made breadcrumbs
- 1 large egg, whisked
- a little oil, for preparing the pan or grill

For the mint raita:

- 1 cup lowfat plain Greek yogurt
- 1/3 cup mint leaves, minced
- 2 tablespoons lemon juice
- 1/2 clove garlic, minced
- 1/2 teaspoon salt

To complete the Chickpea Burgers with Mint Raita:

- 4 whole wheat burger buns
- 1 tomato, sliced

To make the chickpea burgers:

Place the walnuts in a small sauté pan over low heat. Toast, stirring frequently, for 3-5 minutes, or until the nuts are brown and fragrant. Chop the walnuts well and season with salt, to taste.

Place the shallot and garlic cloves into a food processor. Pulse until minced. Add the chickpeas, mint and parsley to the food processor. Season with the salt, cumin and paprika. Pulse to combine and distribute the ingredients evenly.

Transfer the chickpea mixture to a large mixing bowl. Fold in the toasted walnuts, breadcrumbs and egg. Form the chickpea walnut mixture into 4 patties, cover and refrigerate for several hours or overnight.

Place the oil in a skillet over medium heat or prepare the grill with a light layer of oil. Cook on both sides, for 3-5 minutes per side, or until both sides are well browned.

To make the mint raita:

Whisk the Greek yogurt, mint, lemon juice, garlic and salt together in a medium bowl.

To complete the Chickpea Burgers with Mint Raita:

Preheat an oven to 350 degrees or keep the grill on medium heat.

If you're using the oven, toast the whole wheat buns in the oven for about 5 minutes, or until the buns are toasted. Place the browned chickpea burgers on a baking sheet and let them cook in the oven, while the burgers are toasting.

If you're using a grill, toast the buns for about 5 minutes on the grill. Place the browned chickpea burgers back in the grill for 5 minutes, while the buns are toasting.

Place each chickpea burger onto a toasted bun bottom. Top each with a slice of tomato, a spoonful of mint raita and the toasted bun top. Enjoy!