

PETTY VEGAN CHICKPEA BURGER

Recipe by Darriell McBride

INGREDIENTS

- 1 potato
- 1 can of chickpeas (15 oz)
- 1 tbsp of onion powder
- 1 tbsp of garlic powder
- 1 tbsp Italian herbs seasoning
- ½ - 1 tsp of cayenne pepper (to taste)
- 1 - 2 tsp fresh lemon juice (to taste)
- 1 tsp pink salt
- ½ avocado
- Cherry tomatoes
- Lettuce
- Vegan mayo
- BBQ sauce



DIRECTIONS



1. Preheat oven to 350 degrees
2. Wash potato and boil until soft.
3. Peel the skin off of the potato and place it into a bowl.
4. Drain water out of the can of chickpeas before adding it into the bowl.
5. Squeeze 1 - 2 tsp lemon juice into bowl.
6. Add cayenne pepper, pink salt, onion powder, and garlic powder.
7. Mix thoroughly.
8. Mash ingredients completely until you have a thick paste (like pizza dough).
9. Take a handful of the mixture and begin rolling between your hands to form a patty.
10. Add flour or grounded oats to create a thicker consistency (if needed).
11. Grease a baking pan with olive oil and place patties on top.
12. Cook at 350 degrees for 25 mins.
13. Mash $\frac{1}{2}$ an avocado inside of a bowl and add 1 tsp of salt.
14. Grill or toast burger buns or sliced bread for 1 minute and then spread the mashed avocado over one side of the bread.
15. Place patty onto bread before adding lettuce, mayo, BBQ sauce, and tomatoes.