

The Effortless Kitchen

by Debbie Brosnan



Chickpea and Zucchini Veggie Burgers (40 mins - Serves 4)

This chickpea & zucchini veggie burger is creamy on the inside and tastes like a falafel. Make them into burgers to eat on a bun or salad or as a fritter to eat in a wrap. Topped with whipped feta.

Ingredient List:

1 small zucchini, grated, liquid squeezed out
1 can (15 oz) garbanzo beans, drained and rinsed
1/2 cup+ parsley leaves, rough chopped
1/2 cup bread crumbs
1/2 cup flour
1-2 garlic cloves, grated
1 egg
3/4 teaspoon salt
fresh cracked pepper
1/4 teaspoon cayenne, optional
Vegetable or neutral oil for frying

4 oz feta cheese
1/4 cup non-fat plain greek yogurt
1 tablespoon extra virgin olive oil
1 tablespoon water
salt and pepper
pinch crushed red pepper
4 whole wheat burger buns, or flour tortillas or pita bread
Lettuce
cucumber slices
tomato, heirloom or grape

Dietary Substitutions

Dairy free - use vegan feta cheese
Gluten free - use gluten free burger buns and flour

Kitchen Tools Needed

cutting board, sharp knife, serrated knife, food processor with chopping blade and fine shredding blade, clean kitchen towel, rubber spatula, large bowl, rimmed baking sheet with parchment paper, large frying pan, cookie/ice cream scoop, spatula, microplane grater or garlic press, vegetable peeler, measuring cups and spoons, tasting spoons and garbage bowl

Prep to be done for the start of class:

Please have all ingredients and kitchen tools out.

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Directions:

Start by putting the fine shredding blade in the food processor and feed the zucchini in the open tube. Once done, scoop out the grated zucchini, place in a clean kitchen towel and squeeze out the liquid. Set aside.

For the whipped feta, remove the shredding blade and put the chopping blade in the bottom of the food processor. Add the feta, yogurt, olive oil and water into a food processor and process until smooth, about 1 minute. Add a pinch of salt and pepper and crushed red pepper and taste for seasoning. Remove to a bowl and wipe down the processor and blade with a paper towel.

Place garbanzo beans in the food processor and pulse 10 times to break them down a bit. You still want some texture to the beans. Add in the zucchini shreds, parsley, garlic, egg, salt, pepper, and cayenne pepper in a food processor. Process on low for 5 seconds, then scrape the sides of the food processor down and process again for 5 seconds until the egg is combined. Remove the mixture to a large bowl and add in most, but not all of the flour and breadcrumbs. Stir to combine and if mixture is wet, add the remaining flour and breadcrumbs. Scoop out mixture using a cupcake/large ice cream scooper if making burgers. If you want smaller patties, use a smaller cookie scoop. Form the patties with your hands and wet your hands if the mixture is sticking. Place the patties on a parchment lined baking sheet and put into the freezer for 5-10 minutes to set up.

In a large non stick skillet over medium high heat, heat 3-4 tbsp vegetable or canoli oil until hot and add in the then add in the veggie burger patties. Cook for 6 minutes, then flip and cook for another 6 minutes. If the patties are smaller and thinner, it will take less time. Remove from the pan and put onto plate with paper towels. If you don't want to fry, you can broil on low in the oven on a foil lined baking sheet sprayed with cooking oil for 5-6 minutes per side.

To assemble the burgers smear whipped feta on the bottom of the burger bun. Put down a burger on the whipped feta side then a slice of tomato, sliced cucumber and lettuce on top OR serve over a salad OR smear the whipped feta on a tortilla, layer on all other ingredients you desire and roll up.