



LITTLE GARBANZO BURGERS

TEN 3-INCH BURGERS @ \$.92/EA

If you don't have bread crumbs, make your own before you begin. Take 4 slices of fresh bread and pulse in a food processor. Spread the crumbs out on a sheet pan and toast in the oven until lightly browned.

- 2½ cups cooked chickpeas, drained and rinsed
- 1 onion, chopped into large chunks
- 4 large local eggs
- ½ tsp. sea salt
- ⅓ cup fresh spinach or mixed herbs
- 2 cups bread crumbs
- 2 Tbsp. prepared pesto
- Zest of one large lemon, grated
- High-temp oil for pan frying (grapeseed, avocado, etc.)

In a food processor, pulse the onions until they are finely chopped but not puréed. Add the garbanzo beans, spinach (or herbs), eggs, and salt, and process until well combined. Transfer mixture to a large mixing bowl and stir in bread crumbs, pesto, and zest. It's best to let this mixture rest in the refrigerator at least 1 hour and up to overnight. In a large skillet coat the base with ⅛ inch of high-temp oil and turn the burner to medium-high. When the oil shimmers, reduce heat to medium, shape the garbanzo mixture into small, plump burgers with your hands, and place in a hot skillet. Resist mashing them with a spatula or moving them until the bottoms are visibly brown. Flip once, allowing the other side to brown. Serve immediately with cucumbers, yogurt, pickled onions, and preserved lemons.

edible OHIO VALLEY®