



Chia Garden Burgers

A tasty burger without the meat!

These hearty patties are totally meat free, so they're suitable for vegetarians. The colorful ingredients & tasty spices make these great with, or without a bun. Add a roasted red pepper slice for fantastic flavor!

Dry Ingredients

- 1 can chick peas/garbanzo beans (15 oz)
- 1/2 cup shredded carrot
- 3/4 cup panko bread crumbs
- 1 clove garlic
- 1 tbsp dry MySeeds chia seeds
- 1 and 1/2 cup fresh spinach
- 1 tsp smoked paprika
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/2 tsp red pepper flakes

Wet Ingredients

- 2 eggs
- 2 tbsp olive oil

First, rinse & drain the chick peas, then add them to food processor. Mince the garlic clove. Then add all the spices to the food processor. Pulse until smooth and well mixed.

Empty the bean mixture into a medium sized bowl. Put the carrot into the food processor and shred. Once shredded, add the spinach leaves and pulse until mixed.

Empty the carrot spinach mixture into the bowl.



With a large spoon, stir in the eggs & breadcrumbs until well combined.

By hand, divide into 4 to 6 patties. (Slider sized makes 6, regular burger size makes 4) Flatten the patties to about 1/2 to 3/4 inch so they will crisp on the outside when you grill them.

In a skillet on the stove top, pre heat the 2 tbsp olive oil. When the oil is hot, carefully lay the patties into the skillet. Cook for about 3 to 4 minutes on each side. When done, the outside should be lightly browned and slightly crisp.



Toppings

These are a real treat with roasted red pepper slices on top. You can also use avocado slices, fresh tomato, or even guacamole. They're spicy enough to eat plain, but toppings really send these "over the top".

These are super served with a chia side such as the chia salsas or Southwest Side-Salad in the MySeeds Cook Books!