

Chickpeas patties

Ingredients

3 1/2 cups chickpeas (garbanzo beans) - cooked or canned and drained

1/3 cup chopped fresh flat-leaf parsley

2 large eggs.

(or equivalent egg replacement for plant based option)

1 1/2 tsp cumin

1 tsp minced fresh garlic or 1/2 tsp garlic powder

3/4 tsp salt (if you're salt sensitive, use 1/2 tsp)

1/2 tsp cayenne pepper, or more to taste (if spice sensitive, start with 1/4 tsp)

1 1/2 cups panko breadcrumbs

mix together

Grapeseed oil for frying

This will yield approximately 6 two inch pan fried patties