Chickpea Burger and Tahini Sauce
Cheap Fast and Healthy, April 11th

Ingredients:

- 1 19-ounce can chickpeas, rinsed
- 4 scallions, trimmed and sliced
- 1 egg
- 2 tablespoons all-purpose flour
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 2 6-1/2-inch whole-wheat pitas, halved and warmed, if desired

Tahini sauce

- 1/2 cup low-fat plain yogurt
- 2 tablespoons tahini, (see Ingredient note)
- 1 tablespoon lemon juice
- 1/3 cup chopped flat-leaf parsley
- 1/4 teaspoon salt

Directions:

1. To prepare burgers: Place chickpeas, scallions, egg, flour, oregano, cumin and 1/4 teaspoon salt in a food processor. Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. (The mixture will be moist.) Form into 4 patties

2. Heat oil in a large nonstick skillet over medium-high heat. Add patties and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more

3. To prepare sauce & serve: Meanwhile, combine yogurt, tahini, lemon juice, parsley and 1/4 teaspoon salt in a medium bowl. Divide the patties among the pitas and serve with the sauce.

Serving Size 4