

Falafel Burgers

This is a vegetarian dish

- 1 15-oz. can chickpeas, rinsed, drained and mashed
 - 1 medium onion, finely chopped
 - 1 teaspoon minced garlic
 - 1 teaspoon baking powder
 - 3 tablespoons fresh parsley, finely chopped
 - 3/4 teaspoon ground coriander
 - 3/4 teaspoon ground cumin
 - 1/2 teaspoon salt
 - 1/4 teaspoon cayenne pepper
 - 1 package **Better Wheat Buns***, divided
 - 2 tomatoes, sliced thick
 - 1 cucumber, peeled and sliced
- In a food processor, combine the chickpeas, onion, garlic, baking powder, parsley, coriander, cumin, salt, and cayenne

pepper and two of the **Better Wheat Buns** (broken up). Process till blended but not pureed. Set aside.

- Slice the remaining 6 buns lengthwise.
- Lay bun halves, sliced side up, on a broiling pan. Place two to three heaping tablespoons of chickpea mixture onto the tops of each bun. Press mixture to cover entire top surface of bun.
- Broil burgers 4 inches from the heating element for 6-8 minutes or until falafel begins to turn golden brown.
- Top open faced burgers with a thick slice of tomato and cucumber. Serve immediately.

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