



Bulgur-Chickpea Patties



Estimated Time: 20 mins

Nutrition Per Serving

6 Servings (1 patty per serving)

Calories	517
Protein	22g
Total Carbohydrates	65g
Net	46.6g
Sugar	9.8g
Fiber	20g
Total Fat	16g
Saturated Fat	2.4g
Polyunsaturated Fat	2.7g
Monounsaturated Fat	7.5g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	460mg
Potassium	464mg
Phosphorus	214mg
Calcium	137.7mg

Recipe provided by
Chef Duane

Ingredients

2 tablespoons olive oil	4 teaspoons coconut aminos
1 medium onion, diced	4 cloves of roasted garlic
1 cup bulgur wheat	1/3 teaspoon sunflower oil
2 cups water	1 teaspoon roasted garlic powder
2 cups cooked chickpeas	1 teaspoon red bell pepper, diced
1 cup unsalted cashews	2 teaspoon onion powder
1/2 cup fresh cilantro	6 whole wheat hamburger buns
2 teaspoons rice vinegar	1 tablespoon Everything Bagel Blend

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Add two tablespoons of oil and diced onions to a saucepan. Stirring regularly, cook over medium heat for 10-15 minutes until the onions are very brown.
2. Add bulgur wheat and water to the cooked onions. Cover the mixture with a lid and cook over low heat for 14-16 minutes until the water is absorbed.
3. In a food processor, blend the unsalted cashews until they are chopped finely.
4. Blend the chopped nuts, cooked bulgur wheat and onions, chickpeas, garlic cloves, cilantro, coconut aminos, rice vinegar and Everything Bagel seasoning.
5. Add sunflower oil, roasted garlic powder, red bell pepper and onion powder to the food processor.
6. Using your hands, form 4 patties from the blended mixture and place on plastic wrap.
7. Cover the patties with plastic wrap and chill for 30 minutes in the refrigerator.
8. Barbeque patties on an oiled metal flat grill plate or cook patties on a lightly greased non-stick fry pan.
9. Serve the patties in a whole wheat hamburger bun.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.