



FALAFEL BURGERS

Advanced Lifestyle

INGREDIENTS

2 TBS olive oil, divided
1 small red onion, chopped
1 large garlic clove, minced
1 (16 ounce) can garbanzo beans (chickpeas), drained and rinsed
1 (7.75 ounce) can spinach, well drained
1 TBS lemon juice
½ TSP salt
¼ cup dry breadcrumbs

INSTRUCTIONS

—In 12-inch skillet over medium heat, in 1 TBS hot olive oil, cook red onion and garlic about 5 minutes until tender-crisp.

—To food processor, add one-fourth of garbanzo beans, lemon juice and salt; pulse canned spinach until mixture is a smooth paste. Add remaining garbanzo beans, breadcrumbs and onion mixture; pulse until coarsely chopped.

—Shape mixture into four 4-inch patties. (If desired, you can refrigerate until ready to cook.) In 12-inch skillet over medium heat, in remaining TBS hot olive oil, cook falafel patties until golden and crisp, turning once.

SERVING INFO: (Yields 4 servings): 1 veggie burger = 1 P

See recipe photo at [Instagram](#) and [Facebook](#).