



## 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