

Sweet Potato & Chickpea Burgers

INGREDIENTS

1 medium sweet potato
1 1/2 cups cooked chickpeas
1 onion
3 tbsp tahini
1 tsp apple cider vinegar
1 1/2 tsp garlic powder
1 tsp chipotle powder
1/2 tsp salt
1/4 tsp black pepper, ground
1/3 cup nutritional yeast
1/3 cup oat flour
1 cup kale
1 tbsp canola oil (optional)
Panko breadcrumbs (optional)
Avocado
Tomato
Hummus
Lettuce
Red onion
Whole-grain burger buns

METHOD

1 Prep. Preheat the oven to 400°F (200°C). Bake the sweet potato for 40–60 minutes, until tender.

Dice the onion. Finely chop the kale. Mash the cooked chickpeas with a fork.

Heat a frying pan over medium heat. Cook the onion until soft and translucent. Set aside.

When the sweet potato is cool enough to handle, peel it and place it in a bowl with the chickpeas and cooked onion. Mash together with a fork.

Add the tahini, apple cider vinegar, garlic powder, chipotle powder, nutritional yeast, kale, salt, and freshly ground black pepper. Mix well.

Next, add the oat flour a little at a time and mix until the mixture holds together.

2 Shape and Cook. Shape the mixture into about 6 burger patties.

TIPS & ADDITIONAL INFORMATION

To make oat flour, blend oats in a high-speed blender until finely ground.

Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.



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METHOD (continued)

To bake, place the patties on a parchment-lined baking sheet. Bake for about 20 minutes, until the bottoms are golden and the tops begin to brown.

Alternatively, heat a pan over medium heat. Add the canola oil if using. Cook the patties for a few minutes on each side until golden. For extra crispness, coat the patties with panko breadcrumbs before cooking.

3 Serve the burgers on whole-grain buns with avocado, tomato, hummus, lettuce, and red onion.

TIPS & ADDITIONAL INFORMATION

Reheat in a 400°F oven for about 10–12 minutes until warmed through. Leftover burgers keep in the refrigerator for a few days and can be frozen.