

# Mediterranean Veggie Burger



## Mediterranean Veggie Burger

Quick to make and packed with flavor, these vegan burgers make a great weeknight meal.

### Ingredients

- 1 15oz can of chickpeas, drained
- 1 cup cooked farro (I use a pre-cooked farro/rice blend by Village Harvest, but whatever hearty grain you have on hand should work fine)
- 1 garlic clove, chopped
- 1 tablespoon tahini
- 1 rounded tablespoon nutritional yeast
- 1/2 tablespoon egg replacer powder or corn starch
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- Salt, to taste (amount varies depending on whether you're canned chickpeas are salted – I used about 1/4 of a teaspoon)
- 1/4 cup roasted, salted pumpkin seeds

### Instructions

Place everything except for the pumpkin seeds into the food processor and pulse until combined, but still chunky. Add pumpkin seeds and pulse a little bit more. I personally prefer most of the seeds to remain intact, so one or two quick

blitzes does the trick for me.

Divide mixture into four equal pieces and shape into patties. If desired you can cover and transfer to the refrigerator to cook later.

Heat a small amount of olive oil or cooking spray in a nonstick skillet and sear your patties on each side.

Serve on toasted bun with tomato olive topping (recipe below), pesto spread, greens, and if you're not vegan, melted cheese (I used a blend of havarti and feta).

### Olive Tomato Relish

Summary: The combination of sweet tomatoes and salty olives is a perfect addition to the smoky flavors in the burger.

#### Ingredients

16 cherry tomatoes, diced

8 kalamata olives, minced (about half the size of your tomatoes)

1 tablespoon chopped parsley

Fresh black pepper

#### Instructions

Combine all ingredients in bowl.

Serve on top of your burger.

Pattie photo : Nicolette Fick