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Garbanzo Bean Burgers

Ingredients:

- 1 (19-ounce) can garbanzo beans (also known as chickpeas)
- 1 stalk celery, finely chopped
- 1 carrot, finely chopped
- ¼ cup whole wheat flour
- salt and pepper to taste
- 2 teaspoons vegetable oil
- vegetable oil spray

Makes 6 servings - 15% calories from fat

Instructions:

1. Drain beans, place in bowl and mash with potato masher.
2. Mix with next 3 ingredients along with salt, pepper, and oil, adding any optional ingredients at this time.
3. Spray skillet with vegetable oil spray. Form 6 flat burgers, fry in pan over medium high heat. Flipping half way through until burgers are golden brown on each side.

Notes:

- Serve alone, or on a bun. Burgers may be frozen after cooking, for later use.
- Optional ingredients include ¼ cup sunflower seeds or chopped walnuts. Vegetables such as chopped onion, mushrooms, broccoli or bell pepper.
- Substitute white flour for whole wheat flour.

Nutrition Facts	
Serving Size 1 burger	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 5g	
Vitamin A 40%	Vitamin C 8%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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