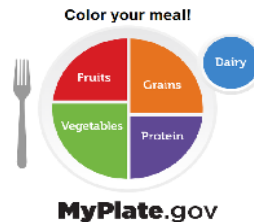




# CHICKPEA FRITTERS



Serving size: 1 fritter    Number of servings: 6

## Ingredients

**1 15-oz can chickpeas (garbanzos), drained and rinsed**

**2 tablespoons lemon juice**

**¼ cup whole-wheat flour**

**½ teaspoon salt**

**1 tablespoon canola, olive or avocado oil**

**¼ cup shredded Parmesan cheese**

**3 tablespoons fresh basil, chopped**

**1 teaspoon lemon zest**

## Directions

1. In a large bowl, stir together chickpeas, lemon juice, flour and salt. Mash with a fork until a thick paste is formed, leaving a few chickpeas whole for texture. Stir in Parmesan cheese, basil and lemon zest.
2. With clean hands, form mixture into 6 golf ball-sized balls. Flatten into patties.
3. In a large skillet, heat oil over medium-high heat. Add 3 to 4 patties to skillet.
4. Cook one side for 1 to 2 minutes, or until golden brown and crispy. Flip and cook for an additional 1 to 2 minutes. Transfer to a towel-lined plate.
5. Cook remaining patties and serve immediately.

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
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