



Chickpea, Cauliflower, and Kale Patties

These protein-packed patties are full of flavor, crunch, and fiber-rich nutrients to satisfy even the heartiest of appetites. I freeze prepared patties, and saute/bake for lunches or dinners. Serve with a creamy sauce, sour cream, yogurt, hot sauce, or salsas alongside a big salad for a delectable and fresh meal. Enjoy!

makes 14-16 patties

INGREDIENTS:

- 3 cups cauliflower florets
- 1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
- 3 finely minced garlic cloves
- 4 finely chopped scallions (white and green parts); OR 1 cup chopped shallots or onions
- 1/4 cup chopped parsley or cilantro
- 2 cups chopped kale (stems removed; leaves only, chopped into very small pieces)
- 3/4 cup finely chopped red pepper; OR 1 cup grated carrots
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp ground tumeric
- 1 tsp sea salt, plus more for sprinkling
- 1/4 tsp ground black pepper
- 3 large eggs, lightly beaten
- 1/2 cup, plus 3/4 cup panko bread crumbs (I use WatuSee brand's "Chickpea Crumbs")
- avocado or coconut oil for sauteing

INSTRUCTIONS:

- Preheat oven to 375 F.
- Line a baking sheet with parchment paper.

- Steam cauliflower florets until just tender, 8-10 minutes in a covered pot fitted with a steamer basket.
- In a large bowl, mash chickpeas, using a potato masher. Add steamed cauliflower, and mash the cauliflower well with the chickpeas, until smashed, but not fully smooth.
- Add garlic, scallions (or shallots/onions), parsley (or cilantro), kale, red pepper (or carrots), spices, salt, and pepper to the cauliflower and chickpea mixture. Blend well with a large spoon.
- Add eggs and 1/2 cup of the panko, and stir to combine.
- Place 3/4 cup panko into a shallow dish.
- Using a 1/3 cup measuring cup, shape patties into 1/2 inch patties, coat lightly with panko, and place on the parchment-lined baking sheet.
- Repeat with the remaining mixture. Depending on the size of your baking sheet, you may need an extra parchment-lined plate for all the formed patties. If you plan to freeze any of the patties, tightly wrap the patty-filled baking sheet with plastic wrap and place in the freezer. Once the patties are frozen, transfer patties into a large ziplock bag, and pull out a patty (or patties) when ready for the next steps.
- Warm approximately 1 tbsp avocado or coconut oil in a large skillet, over medium to medium-high heat, until shimmery, but not smoking.
- Add a batch of patties, and saute until golden brown, approximately 4-5 minutes per side.
- Transfer sauted patties to another parchment-lined baking sheet.
- Wipe the skillet clean, and add additional oil, as you saute the remaining batches of patties.
- Place baking sheet in the preheated oven, and bake for 10 minutes.
- Sprinkle patties with sea salt immediately after removing from the oven, and serve with your favorite sauce!

Remember, you can easily saute/bake off just a few patties at a time! Just pull your frozen patties from the freezer, use a smaller skillet, and create a quick meal for just yourself or a few others. This is a great short-cut. ;)

