

3 Healthy Burger Recipes With Chickpeas & Green Peas



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INTRODUCTION

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Burgers are really delicious favorite food, but they often come with a dose of unhealthy fats and calories. This eBook aims to change that by providing you with five delicious, healthy burger recipes that are not only packed with flavors but also rich in nutrients. By using wholesome ingredients such as chickpeas, green peas, onion, garlic, and cheese, you can enjoy your favorite burger meal without any guilt.

Benefits of Using Chickpeas, Green Peas, and Other Wholesome Ingredients:

1. CHICKPEAS:



Chickpeas are an excellent source of protein, fiber, vitamins, and minerals. They help in weight management, improve digestion, and reduce the risk of several chronic diseases.

2. GREEN PEAS:

Green peas are low in calories but high in many nutrients, including fiber, protein, vitamins A, C, and K, as well as several B vitamins. They are beneficial for heart health, blood sugar control, and digestion.



3. Onions and Garlic:



Both onions and garlic are rich in antioxidants and have anti-inflammatory properties. They boost the immune system and promote heart health.

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5. Cheese:

Cheese, when used in moderation, can be a good source of calcium, protein, and beneficial fats. It adds flavor and texture to your burgers.



Essential Ingredients and Tools

Ingredients

1. Chickpeas (canned or cooked)
2. Green peas (fresh or frozen)
3. Onions
4. Garlic
5. Cheese (Parmesan, Cheddar, Feta, Gouda, etc.)
6. Carrots
7. Spinach
8. Roasted red peppers
9. Breadcrumbs
10. Eggs (or flax eggs for vegan options)
11. Spices (cumin, paprika, chili powder, coriander, etc.)
12. Olive oil

Tools

1. Food processor
2. Frying pan
3. Mixing bowls
4. Measuring cups and spoons
5. Spatula
6. Baking sheet (optional for oven-baked patties)



Recipe 1: Chickpea and Green Pea Veggie Burger

Ingredients

- 1 can of chickpeas, cooked and drained
- 1 cup green peas, cooked and drained
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 egg (or flax egg for vegan option)
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste
- Olive oil for cooking

Instructions

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In a food processor, blend the chickpeas and green peas until they form a coarse mixture.

Sauté the onion and garlic in a bit of olive oil until softened.

In a large bowl, combine the chickpea-pea mixture, sautéed onion and garlic, breadcrumbs, Parmesan cheese, egg, cumin, paprika, salt, and pepper. Mix until well combined.

Form the mixture into patties.

Heat some olive oil in a Frying pan over medium heat and cook the patties for about 5 minutes on each side or until golden brown.

Serve on whole grain buns with your favorite toppings.

Recipe 2: Spicy Chickpea and Spinach Burger ⁰⁹

Ingredients

1 can chickpeas, drained and rinsed

1 cup spinach, finely chopped

1 small onion, finely chopped

2 garlic cloves, minced

1/4 cup grated cheddar cheese

1/2 cup breadcrumbs

1 egg (or flax egg for vegan option)

1 tsp chili powder

1/2 tsp cayenne pepper

Salt and pepper to taste

Olive oil for cooking

Instructions

Mash the chickpeas in a large bowl until mostly smooth.

Add the spinach, onion, garlic, cheese, breadcrumbs, egg, chili powder, cayenne pepper, salt, and pepper. Mix well.

Form the mixture into patties.

Heat olive oil in a skillet over medium heat and cook the patties for 4-5 minutes on each side until golden brown.

Serve on a bun with spicy mayo and fresh greens.

Recipe 3: Green Pea and Feta Burger

Ingredients

1 cup green peas, cooked and drained

1/2 cup crumbled feta cheese

1 small onion, finely chopped

2 garlic cloves, minced

1/2 cup breadcrumbs

1 egg (or flax egg for vegan option)

1 tsp dried oregano

Salt and pepper to taste

Olive oil for cooking

Instructions

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In a food processor, blend the green peas until smooth.

In a large bowl, combine the pea puree, feta cheese, onion, garlic, breadcrumbs, egg, oregano, salt, and pepper. Mix until well combined.

Form the mixture into patties.

Heat olive oil in a Frying pan over medium heat and cook the patties for about 5 minutes on each side or until golden brown.

Serve on whole grain buns with tzatziki sauce and fresh veggies.

Tips for Perfecting Your Burger Recipes

Binding: Ensure the mixture is well-bound by using eggs or a flax egg. If the mixture feels too wet, add more breadcrumbs.

Cooking: Cook patties on medium heat to ensure they are cooked thoroughly without burning the outside.

Seasoning: Don't skimp on seasoning. Taste the mixture before forming patties and adjust the seasoning as needed.

Storage: Uncooked patties can be frozen for up to 3 months. Cooked patties should be refrigerated and consumed within 3 days.

Serving: Experiment with different toppings and sauces to complement the flavors of your burgers.

Conclusion

Creating healthy, nutritious and tasty burgers using chickpeas, green peas, onions, garlic, cheese, and other wholesome ingredients is not only easy but also a delicious way to enjoy a nutritious healthy meal.

These recipes offer a variety of flavors and textures, ensuring that there's something for everyone.

Enjoy your cooking and savor every bite of these delightful burgers!