

Falafel Burgers



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Ingredients:

1 15-oz. can garbanzo beans, drained & rinsed (1 $\frac{3}{4}$ c.)
2 slices white bread, crusts removed
1/3 c. unsalted slivered almonds
1 t. minced garlic or 2 cloves garlic, peeled
1 t. onion powder
1 t. ground cumin
2 T. cilantro
1 egg or $\frac{1}{4}$ c. Morningstar Farms® Scramblers®
2 t. olive oil

Instructions:

Combine all ingredients except the egg and oil in a food processor. Pulse until roughly chopped. Remove half the mixture to a medium bowl.

Add egg to the food processor and process until smooth. Pour into the bowl and mix well. Form into four $\frac{3}{4}$ -inch thick patties. Brush each side with olive oil. Grill over medium heat, about 5 minutes per side, until browned. Serves 4

Serving suggestions

Traditional burger condiments

Pita, tomato, cucumber, sprouts, ranch dressing

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