

# Broccoli Burgers

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## FOR THE BURGERS

- 1/3 cup dry couscous
- 1 cup water
- 1 1/2 cups broccoli florets
- 2 teaspoons olive oil
- 1/2 cup chopped scallions
- 1/2 cup chopped yellow onion
- 2 teaspoons ground cumin
- 1 15-oz. can of chickpeas, rinsed, drained
- 1 tablespoon tahini

## FOR THE TAHINI DRESSING:

- 1/3 cup tahini
- 1/3 cup water
- 1/4 cup, plus 1 Tbls. fresh lemon juice
- 2 garlic cloves, chopped
- 3/4 teaspoon sea salt

## PREPARATION

- Preheat your oven to 400°F.
- In a small pot, bring the water and couscous to a boil.
- Remove from heat immediately and allow the couscous to sit in the pot for 10 minutes, soaking up the water.
- While the couscous sits, steam the broccoli in a steamer for 5-7 minutes (or use microwave or stove; the broccoli should be soft in the end).
- In a skillet, heat the olive oil over medium heat and add the onion and scallions, stirring occasionally for 3-5 minutes until the onion softens.
- Remove the onions from the heat and stir in the cumin.
- Gather your couscous, broccoli, onion mix, chickpeas, and tahini and combine together in a food processor.
- Pour the mixture into a bowl and stir in the bread crumbs.
- Form it into patties and place the patties on a cookie sheet lined with foil.
- Bake for 50 minutes, turning the patties over halfway through. You'll know they are done when the tops begin to brown.
- To make the tahini sauce, place all ingredients in a food processor and blend until combined, roughly 30 seconds.
- NOTES: To enjoy the burgers hot off the grill, first bake them in the oven, then move to the grill for 1-2 minutes on each side.

## NUTRITION

**Per Serving:** Calories: 277 | Carbs: 47 g | Fat: 15 g | Protein: 13 g | Sodium: 829 mg | Sugar: 2 g

