

# Chickpea Burger on Whole Wheat Pita

**Makes:** 6 Servings

## Ingredients

**3 cups** chickpeas  
**1 egg**  
**2 tablespoons** breadcrumbs  
**dash** cumin  
**1/3 cup** celery, chopped  
**3 ounces** yogurt, plain low-fat  
**1 tablespoon** lemon juice  
**dash** cumin  
**1 1/4 cups** Romain, lettuce  
**3 Pitas**



## Directions

1. Place the chickpeas in the a mixer with a paddle and grind the peas until they are mostly broken and smooth.
2. Add the eggs, breadcrumbs, celery and cumin.
3. Form into 1/4 cup patties.
4. Coat in the reaming bread crumbs.
5. Grill one side to brown and then place in the oven, heat to 165°F.
6. Mix the yogurt, lemon juice and salt together.
7. Serve 2 patties in a 1/2 of a whole wheat pita with 1/2 oz of yogurt sauce.

## Notes

Serving Size: 1 sandwich