

# **Chickpea Potato Patties**

**Prep time:**

30minutes

**Cooking time:**

15 minutes

**Yields:**

6 people

**Ingredients:**

2 cups boiled red potatoes, mashed)  
1 cup chickpeas  
¼ cup onions, small diced  
1-2 cloves garlic  
½ cup gluten free panko breadcrumbs  
2 tablespoons whole grain mustard  
1 cup sauerkraut  
Salt and Pepper to taste

**Directions:**

Boil potatoes, peel, and mash before measuring out 2 cups

1. If using canned chickpeas, drain and rinse before adding 1 cup to the mashed potato in a large bowl. If using dried chickpeas, soak overnight and cook before using
2. Using a potato masher, mash the potato and chickpeas together until you get a smooth mixture
3. Add onions, garlic, breadcrumbs, salt, and pepper
4. Mix well until the ingredients are well incorporated.
5. Shape into desired sized patty and place on a greased or lined baking tray and bake at 400 degrees for 15 minutes or until the patties turn golden brown. Spray or add some oil on top to get a better texture
6. Serve warm topped with sauerkraut and mustard