INGREDIENTS:

*Makes about 5 small/4 medium patties

- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1/2 cup of finely diced onion
- 3/4 cup of grated zucchini
- 3/4 cup of cooked chickpeas, if canned, rinsed
- 1/2 cup of cooked quinoa
- 1/4 cup of toasted sunflower seeds, processed to crumbs
- 1/2 teaspoon of kosher salt
- 1/8 teaspoon of black pepper
- 1 teaspoon of lemon juice
- 1/2 teaspoon lemon zest
- 1 tablespoon of fresh dill, chopped or 1 teaspoon dry
- 1 tablespoon of fresh oregano, chopped or 1 teaspoon dry

DIRECTIONS:

1. Heat the olive oil over medium high heat. Add garlic and onions into oil, cook until onions are soft. Add zucchini into onions and continue cooking until zucchini releases it’s liquid and is soft. Drain and set aside to cool.
2. In a food processor combine chickpeas and quinoa, blend until well combined.
3. In a large bowl combine the zucchini mixture, chickpeas, sunflower seeds, and remaining ingredients. Mix well to combine.
4. Form the mixture into desired number of patties. Cook over medium heat in a skillet with a little oil or bake in a 400 degree oven for 30 minutes, flip and bake for an additional 10.