

CHICKPEA CRAB CAKES

INGREDIENTS:

1/4 RED ONION, CUT INTO QUARTERS
1/2 OF A RED BELL PEPPER, CUT INTO QUARTERS
3 GARLIC CLOVES
1/2 CUP PACKED PARSLEY
2 15-OUNCE CANS CHICKPEAS, DRAINED AND RINSED WELL
2 GREEN ONIONS, CHOPPED
1/2 CUP GROUND FLAXSEED OR 1/2 ALL-PURPOSE FLOUR
1 CUP OF CRAB
1 TEASPOON SALT
10 TURNS OF CRACKED BLACK PEPPER

1. PREHEAT OVEN TO 375° F.
2. PLACE THE RED ONION, RED BELL PEPPER, GARLIC, AND PARSLEY IN A FOOD PROCESSOR AND PULSE UNTIL ALL OF THE INGREDIENTS HAVE BEEN CHOPPED UP WITH NO BIG PIECES OF ANYTHING REMAINING.
3. ADD THE GARBANZO BEANS TO THE FOOD PROCESSOR AND PULSE UNTIL MOST OF THEM ARE CHOPPED UP. IT'S OKAY IF THERE ARE A FEW WHOLE BEANS.
4. TRANSFER THE MIXTURE TO A LARGE MIXING BOWL. INTO THAT SAME MIXING BOWL, ADD THE GREEN ONIONS, GROUND FLAXSEEDS OR FLOUR, CRAB, SALT, AND PEPPER, AND MIX WITH A SPOON UNTIL ALL OF THE INGREDIENTS ARE INCORPORATED.
5. MAKE NINE EQUAL SIZE PATTIES AND PLACE THEM ON A PARCHMENT COVERED BAKING SHEET.
6. BAKE FOR 20 MINUTES ON ONE SIDE, FLIP AND BAKE FOR AN ADDITIONAL 20 MINUTES.
7. SERVE IMMEDIATELY.

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HINRICHS TRADING CO.

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