

Chickpea Cutlets

Servings: About 4

Ingredients

- 1 cup cooked chickpeas
- 2 tablespoon olive oil
- ½ cup vital wheat gluten
- ½ cup plain bread crumbs
- ¼ cup vegetable broth or water
- 2 tablespoon soy sauce
- ½ teaspoon lemon zest
- ½ teaspoon dried thyme
- ½ teaspoon Hungarian (sweet) paprika
- ¼ teaspoon dried rubbed sage

Directions

1. Preheat oven to 350°.
2. In a mixing bowl, mash beans together with oil until no whole chickpeas are left. There will still be pieces of beans, just not whole beans.
3. Add remaining ingredients and knead for about 3 minutes, until strings of gluten have formed.
4. Divide dough into 4 pieces.
5. Knead each one to form rectangle shape about 4 x 6.
6. Oil both sides of cutlets and place on lightly oiled cookie sheet.
7. Bake 20 minutes.
8. Flip and bake another 8 – 10 minutes.
9. Serves with mustard sauce, BBQ sauce, or gravy.

NOTE: If you are going to lightly fry them, preheat a heavy-bottomed non-stick pan, pour a thin layer of oil and fry 6 to 7 minutes per side, adding more oil if needed when you flip them.