



Chickpea Burgers with Pineapple Sauce



These burgers feature chickpeas mashed with brown rice, cilantro and cumin and cooked in a skillet. Serve them up on a sandwich bun topped with a delicious pineapple honey sauce! Kids will have fun mashing up the chickpeas and shaping the burger patties with their hands. This recipe comes to us from our friends at the [Dole Nutrition Group](#).

Ingredients: (serves 4)

To make the pineapple sauce:

- (20 ounce) can crushed pineapple
- 1 tablespoon cornstarch
- 2 teaspoons honey

To make the chickpea burgers:

- 1 (15 ounce) can chickpeas, rinsed, drained and divided
- 1/2 cup cooked brown rice
- 1/4 cup cilantro
- 1/4 cup diced red onion
- 2 tablespoons peanut butter
- 1 tablespoon flour
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 teaspoon olive oil
- 1 tomato, sliced
- 4 lettuce leaves
- 4 multi-grain sandwich buns

Instructions:

To Make the Pineapple Sauce:

Adult: Combine the pineapple, cornstarch and honey in a small saucepan over medium heat. Cook for 2-3 minutes, or until thick. Transfer the mixture to a food processor and pulse until smooth.

To complete the Chickpea Burgers with Pineapple Sauce:

Kid: Combine 1/2 cup of the chickpeas with the rice in a large bowl. Mash with a potato masher or fork until combined, but still chunky.

Together: Combine the remaining chickpeas with the cilantro, onion, peanut butter, flour, cumin and salt in a food processor. Pulse a few times until the mixture is mostly smooth, with a few chunks remaining. Transfer the mixture to the bowl with the chickpea-rice mixture and stir together with a fork, mashing lightly, until thoroughly combined.

Kid: Shape the chickpea mixture into 4 patties.

Together: Heat the olive oil in a large skillet over medium heat. Add the burgers to the skillet and cook for about 4 minutes, flip and cook about 3 minutes more, or until cooked to preference. Serve on the sandwich buns with the tomato slices, lettuce and pineapple sauce to taste. Enjoy!

Food For Thought!



Chickpeas have another name, do you know what it is? Many people call the same food garbanzo beans. So are they a pea or a bean? They're both! Chickpeas, as well as other peas and beans, are all part of the legume family, which means they grow in pods and are rich in fiber, protein and iron.

Cooking Tip of the Week

These burgers would make a great addition to a backyard BBQ, but it's best not to put them directly on the grill. Instead, use a cast iron or other grill-safe pan to keep them from falling apart when cooking.

Conversation Starter

What is your earliest memory from when you were very young?



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