

Rosemary Chickpea Patties. Lemon-Roasted Tomatoes. Arugula Salad.

Serves 2

Prep Time: 30 - 40 minutes

Chickpeas and brown rice make these vegetarian patties a satisfying dinner-time option. Bonus: they reheat great for lunch!

Shopping List:

Produce

1 pint cherry/grape tomatoes
1 lemon
1 shallot
1 clove of garlic
1 tsp chopped rosemary
1 lemon
3 cups arugula

Grocery

1 (15-oz) can chickpeas
olive oil

Refrigerated

1 egg

Frozen

¾ cup cooked brown rice *

Recipe:

1 pint cherry or grape tomatoes, sliced in half
1 lemon
1 (15-oz) can chickpeas, rinsed and drained
¾ cup cooked brown rice (if frozen, reheat before using)
1 shallot, minced
1 clove of garlic, minced
1 tsp. chopped rosemary
1 egg, slightly beaten
3 cups arugula
olive oil

1. Preheat oven to 450. On a baking sheet, toss tomatoes with a little olive oil, salt & pepper. Cut lemon in half and place cut side down on baking sheet. Roast until tomatoes are softened and charred in some spots, about 10 minutes.
2. Meanwhile, combine chickpeas, brown rice, shallot, garlic, and rosemary in a bowl. Mash with a fork (or pulse in food processor) until a thick chunky paste forms. Season with salt & pepper, and then stir in the beaten egg.
3. Form ½-inch-thick patties with the chickpea and brown rice mixture. You can make them as small or as large as you like....smaller ones are a easier to flip.
4. Heat a little olive oil in a nonstick skillet. Add the patties and cook for 3-4 minutes per side, or until golden brown and cooked through.
5. When tomatoes are done, tip them into a bowl, and squeeze half of the roasted lemon over the top. Stir to combine.
6. Toss arugula with a little olive oil, and juice from remaining roasted lemon. Season with salt & pepper. Divide between serving plates, top with warm chickpea patties, and a scoop of roasted tomatoes.

Cooks Tips:

- Frozen brown rice is a staple in the Spoon & Skillet kitchens. We make this in big batches and freeze in a single later on a baking sheet. Transfer 1-cup portions to individual bags that are convenient to grab from the freezer anytime.
- If you have leftover patties, cook them and then reheat later. Or refrigerate mixture 1-2 days and cook the patties when you are ready to eat.