Chickpea Veggie Burgers

**Prep** 10 min **∙ Cook** 10 mins **∙ Makes** Yield: 6-8 **∙ Source** [Runningonrealfood.com](http://runningonrealfood.com/chickpea-veggie-burgers/)

**Ingredients**

1 can chickpeas, drained, well-rinsed, and mashed

1/2 red onion, finely diced

1 small zucchini, grated

3 tbsp. finely chopped cilantro

3 tbsp. red wine vinegar

1 tbsp. sriracha sauce

2 tbsp. natural peanut butter

1 tsp cumin

1 tsp garlic powder

2 tsp black pepper

1/2 tsp sea salt

1 cup quick oats (gluten-free if needed)

2 tbsp. olive oil

**Directions**

After draining and rinsing the chickpeas, place them in a bowl and mash them with a fork.

Add all the other ingredients to the bowl and mix well.

Form into 6-8 patties.

Grill at 400 F for approximately 10 minutes each side, or fry in a pan with some oil for 3-5 minutes a side.