

Chickpea Burgers with Cucumber Yogurt Sauce

Printable grocery list - Serves 4

- ☐ Chickpeas (2 cans, 15 oz)
- ☐ Large eggs (2)
- ☐ Whole wheat panko crumbs (1 cup)
- ☐ Shallot (1)
- ☐ Scallions (8)
- ☐ Fresh cilantro
- ☐ Cucumbers (2)
- ☐ Nonfat plain Greek yogurt (1 1/2 cups)
- ☐ Extra virgin olive oil
- ☐ Garam masala
- ☐ Cayenne pepper
- ☐ Salt and pepper
- ☐ Vegetable cooking spray