

chickpea-carrot cakes with herbed yogurt

Makes 4 patties

RECIPE ADAPTED FROM: [Martha Stewart](#)

PREP TIME: 10 minutes

COOK TIME: 15 minutes

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- 1 Tbsp olive or avocado oil
 - 3 cloves garlic, minced
 - 1 cup grated carrots
 - salt and pepper, to taste
 - 1 can chickpeas, drained
 - ½ cup cooked quinoa or brown rice
 - 1 large egg
 - ¾ cup packed chopped fresh cilantro, divided
 - ¾ cup plain Greek yogurt
 - 1 tsp avocado oil
 - 1 tsp garlic powder
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NOTE: If you don't have an air fryer, these chickpea cakes can be prepared in a skillet. Add 2–3 Tbsp of oil to a pan and heat over medium-high. Cook each patty for 3–4 minutes per side, or until golden and firm.

HEAT 1 Tbsp oil in a skillet over medium heat. Add garlic and saute for 1 minute. Add carrots, salt and pepper and cook for another 1-2 minutes.

ADD chickpeas, quinoa or rice, and egg to a food processor and blend into a paste.

ADD carrot mixture, ½ cup chopped cilantro, salt and pepper, pulsing to combine.

FORM into 4 patties.

PLACE in air fryer, cooking at 350°F for 12-15 minutes, flipping halfway, until the outside is crisp and golden.

WHILE patties are cooking, mix yogurt, remaining ¼ cup chopped cilantro, 1 tsp avocado oil and 1 tsp garlic powder. If you want this more of a dressing consistency, thin with a little water.

SERVE chickpea cakes over mixed greens and top with a generous dollop of the herbed yogurt mixture.

