

Snack, Side

Lemon Basil Chickpea Fritters

10 Mins
Prep Time

5 Mins
Cook Time

4
Servings

 **221 Calories** **6g Fat** **33g Carbs** **9g Protein**



Ingredients

 **4 Servings** (Serving Size: 2 Fritters)

 **15 Mins** Total Time

 **Allergens:** Gluten, Dairy

1 (15 oz) Can Chickpeas, drained and rinsed 

Zest of 1 Lemon, **wash lemon before zesting**

$\frac{1}{4}$ Cup Lemon Juice

$\frac{1}{4}$ Cup Whole Wheat Flour

$\frac{1}{2}$ Tsp Salt

$\frac{1}{4}$ Cup Parmesan Cheese, grated

3 Tbsp Fresh Basil, **washed** and chopped

1 Tbsp Canola Oil

Allergen Swap

Gluten Replace whole wheat flour with a cup-for-cup gluten-free flour alternative

Dairy Omit Parmesan cheese

Nourishment Note



Chickpeas

Chickpeas are an excellent source of plant-based protein and fiber. Fiber is particularly beneficial for those with MS because it can help with digestive regularity and may reduce the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Chickpeas, Lemon Juice and Flour

In a large bowl, stir together the chickpeas, lemon juice, lemon zest, flour and salt. Mash with a fork until chickpeas are well mashed. Alternatively, add ingredients to a food processor or blender and blend. Stir in Parmesan cheese and basil.

3. Form Patties

Roll chickpea mixture into 8 similarly sized balls. Flatten into patties and place on a plate.

4. Fry Patties in a Large Skillet

In a large skillet, heat oil over medium-high heat. Add 3-4 patties to the pan and cook for 1-2 minutes, or until golden brown and crispy. Flip and cook for an additional 1-2 minutes. Repeat with remaining patties, adding more oil if necessary. Place cooked fritters on a paper towel-lined plate.

5. Serve and Enjoy

Serve hot and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Food and Nutrition Magazine](#)

What You'll Need



Can Opener



Colander



Measuring Cups



Zester



Large Bowl



Spoon



Fork



Food Processor/Blender (Optional)



Skillet



Spatula



Paper Towels

Fatigue Buster

Lemon Juice: Purchase bottled lemon juice

Lemon Zest: Omit lemon zest and 1 tsp additional lemon juice

Parmesan Cheese: Purchase grated Parmesan cheese

Basil: Use a fresh basil paste instead of chopping basil