



Baba Ghanoush Burger

Inspired by Middle Eastern cuisine, this satisfying vegetarian burger is a welcome break from the beef.

Makes 6 servings (1 1/4 cups spread)
Total time: 30 minutes + chilling

FOR THE SPREAD, COMBINE:

- 1 cup plain Greek yogurt
- 1/4 cup crumbled feta cheese
- 1/4 cup minced fresh parsley
- 3 Tbsp. tahini
- 2 Tbsp. dried currants
- 2 tsp. minced lemon zest
- 2 tsp. fresh lemon juice
- 2 tsp. minced fresh garlic

FOR THE BURGERS, SAUTÉ:

- 12 oz. peeled and cubed eggplant
- 1/2 cup diced fennel bulb
- 2 tsp. olive oil

ADD:

- 1 can chickpeas, drained, rinsed, and dried (15 oz.)
- 1 cup cooked brown rice
- 1/4 cup ground old-fashioned oats
- 1/4 cup fresh lemon juice
- 1 Tbsp. minced fresh garlic
- 1 1/2 tsp. ground cumin
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 egg, slightly beaten

STIR IN:

- 1/2 cup chopped slivered almonds, toasted
- 1/2 cup panko bread crumbs

GRILL:

- 6 pieces flatbread (6-inch)
- Tomato Slices
- Romaine lettuce leaves

For the spread, combine yogurt, feta, parsley, tahini, currants, zest, 2 tsp. lemon juice, and 2 tsp. garlic; season with salt and pepper.

For the burgers, sauté eggplant and fennel in 2 tsp. oil in a large nonstick skillet over high heat until eggplant is browned, 5 minutes; transfer to food processor.

Add chickpeas, rice, oats, 1/4 cup lemon juice, 1 Tbsp. garlic, cumin, 1 tsp. salt, 1/2 tsp. pepper, and egg; process until puréed.

Stir in almonds and panko. Form 1/2-inch-thick patties using a 1/2-cup (about 6 oz.) measure. Cover patties and chill 20 minutes or up to 1 day.

Preheat grill to medium. Brush grill grate with oil. Spray both sides of patties with nonstick spray.

Grill patties, covered, until grill marks appear, 5–6 minutes per side. Grill flatbread during the last 1–2 minutes of grilling patties, turning once. Assemble burgers on flatbread with 2 Tbsp. spread, tomato, and romaine.

Per serving : 500 cal; 14g total fat (2g sat); 36mg chol; 872mg sodium; 77g carb; 7g fiber; 21g protein



Form each patty on a small piece of parchment so they'll hold their shape when being moved around.



To prevent sticking, coat both sides of the burgers with nonstick spray and brush oil on the grill grate