



## RECIPE OF THE DAY

### Mini Chickpea Cakes

<b>Metric</b>	<b>Ingredient</b>	<b>Imperial</b>
500 ml	chickpeas, rinsed & drained	2 cup
250 ml	carrots, shredded	1 cup
75 ml	dry bread crumbs	1/3 cup
50 ml	italian salad dressing	1/4 cup
1	egg	1

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#### **Directions**

In a medium bowl; coarsely mash chickpeas with potato masher. Stir in carrots, bread crumbs, salad dressing and egg, mixing well.

Shape mixture into small patties using about 1 tablespoon (15 ml) for each. Place on lightly greased baking sheet. Bake in preheated 375 F (190 C) oven for 15 to 18 minutes or until cakes are lightly brown on both sides, turning halfway through baking time. Serve warm with additional salad dressing for dipping.

Serves 4

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