

## Veggie Patties

1 cups frozen peas, defrosted

2 T mint sauce (I used mint apple jelly)

3 C cooked chickpeas (soaked overnight, cooked, and cooled)

1 onion

2 C breadcrumbs (I used oat flour, thinking it was gluten free, but breadcrumbs are better) 1/4 C sunflower seeds 1-2 cloves garlic salt and pepper minimal oil for frying

All ingredients except breadcrumbs into food processor, pulse mixture until it reach nice consistency between rough and blended. Transfer to bowl, and add breadcrumbs. Mix well with large sturdy spoon or hands, then shape into patties. Pan fry, medium heat, non-stick pan with very little oil, 5 minutes each side.

Sauce - This recipe is an approximation of the dressing I made for the patties. Blend together with whisk: 1/3 C vegan mayo, 2 T melted mint apple jelly, 2 cloves garlic minced, 1/4 C lemon juice, 1/2 roasted red pepper minced, 3 T liquid marinade from roasted red pepper jar, 1 T olive oil, a few pinches of salt.