

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 reduces 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