



Chickpea and Carrot Fritters

These fritters don't take much time to prepare and are equally good both hot and cold. They are a unique and tasty way to add more legumes to your diet. The chickpeas give them a nutty taste, while the cheese adds a salty contrast to the sweet carrot.

Prep: 12 minutes • Total: 18 minutes

Ingredients:

Chickpeas, canned	2 cups	500 mL
Carrots, peeled and grated	4 each	4 each
Cilantro	½ cup	125 mL
Feta cheese, crumbled	1.5 cups	375 mL
Eggs	4 each	4 each
Whole wheat flour	2/3 cups	160 mL
Baking powder	2 tsp	10 mL
Pepper	Pinch	Pinch
Vegetable oil	1 tsp	5 mL

Directions:

1. Rinse and drain chickpeas and mash them roughly with a fork.
2. Add carrot, cilantro, and feta. Mix to combine.
3. Heat oil in a large frying pan. Place large spoons of the batter in the hot oil and fry for about 2-3 minutes on both sides or until golden brown.

Nutrition Facts

Serving Size (243g)
Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 710mg **30%**

Total Carbohydrate 35g **12%**

Dietary Fiber 7g **28%**

Sugars 6g

Protein 16g

Vitamin A 250% • Vitamin C 8%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The Little Things

Makes 6 serving • 1 serving = 4 small fritters

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