

Vegan Crab Cakes

Ingredients

1 can (19 oz) chickpeas, drained and rinsed
1 can (14 oz) artichoke hearts, drained and rinsed
3/4 cup panko breadcrumbs (gluten-free if preferred)
1 sheet nori chopped into small flakes
1/4 cup vegan mayonnaise
1 tablespoon lemon juice
1 tablespoon dijon mustard
1/4 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons light oil, for frying (optional)
For garnish: lemon wedges, chopped parsley, chopped dill, and/or vegan tartar sauce (optional)

Directions

1. In a food processor, add the chickpeas, artichokes, panko bread crumbs, chopped nori, vegan mayonnaise, lemon juice, dijon mustard, salt, and pepper. Pulse a few times to mix and break up the chickpeas and artichokes. Don't over mix, you want there to be texture still. If the mixture has reached the correct texture, but the ingredients are not mixed well, use a spoon or spatula to finish mixing.
2. Divide, the mixture into 6 portions and use your hands to form patties.
3. Heat the oil in a large skillet or non-stick frying pan over medium-high heat. When hot, add the patties, and fry 3-5 minutes per side until golden brown.