

Making it delicious

Baked Falafel



Ingredients

- 2 15-oz. cans chickpeas*
- 1 cup red onion, chopped
- 4 cloves garlic, chopped
- ¼ - ½ cup parsley, loosely packed
- ¼ - ½ cup cilantro, loosely packed
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 2 tsp. cumin
- 2 tsp. coriander
- 1 ½ tsp. salt
- 2 tsp. baking powder
- ¼ cup flour, optional for binding

*Drained & rinsed



Recipe adapted from www.thekitchn.com

Instructions

- Preheat the oven to 375°F: Brush or rub a baking sheet with a thin layer of olive oil. Pour 3 Tbsp. more olive oil into a small bowl to brush onto the falafels before baking.
- Put all the ingredients in a food processor, EXCEPT the baking powder and flour (start with just ¼ cup of each of the herbs).
- Pulse the food processor until the chickpeas are chopped and all the ingredients are mixed.
- Taste and add more herbs, spices, olive oil, or lemon juice, if you like.
- Sprinkle the baking powder and flour, if using, over the mixture.
- Continue pulsing, scraping down the sides of the bowl as needed, until the mixture forms a ball when you squeeze it in your hand.
- Form the mixture into balls, all about the same size.
- Transfer the falafel balls to the oiled baking sheet and gently flatten them into patties 1/2-inch thick.
- Brush the tops with a little more olive oil.
- Bake for 25 to 30 minutes, flipping them partway through, to get them crispy on both sides. The falafel will be delicate, so be gentle when flipping them. If one does fall apart, just press it back together with the back of your spatula.