

Falafel

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 4

Serving size: 3 falafels

Ingredients	Quantity	Measure
Canola Oil	¼	cup
Onion, Yellow, small dice	3	cups
Garlic, Cloves	4	each
Chickpeas, Canned, rinsed and drained	6	cups
Lemon Juice	3	Tbsp.
Curry Powder	3	Tbsp.
Salt	1 ½	tsp.
Chickpea Flour	1 ½	cup

Preparation

1. Preheat oven to 425 degrees.
2. In a food processor, pulse the onion and garlic into a paste. Add the chickpeas, lemon juice, curry powder, and salt and process again until fully combined. Add the chickpea flour and pulse again until fully combined (the mixture will look like a very thick hummus). Remove and allow to rest for 30-45 minutes to allow the flour to absorb the excess moisture.
3. Using a sheet pan lined with parchment paper and pan spray, portion out a ball the size of 2-3 tablespoons of the mixture. Repeat with remaining dough. Bake in the oven for 25 minutes or until set and golden brown.
4. Remove and allow to cool and use as needed.

Serving Information/Notes

Serve on top of Buddha Bowl.

Nutrition Information

 *From USDA Nutrient Database

Calories: 659 Total Fat: 21g Saturated Fat: 1.5g Monounsaturated Fat: 9.7g Polyunsaturated Fat: 5.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 92.5g Fiber: 19.7g Total Sugar: 12.7g Protein: 24.9g Sodium: 1929mg Vitamin A: 3µg Vitamin C: 10.5mg Calcium: 98mg Iron: 7.5mg Folate: 160µg

