

# Falafel Recipe

*Yields 20 balls of falafel*



## Ingredients

3 cans chickpeas, drained  
4 cloves of garlic  
1 small onion, coarsely chopped  
1/4 c. chopped fresh parsley  
1/4 c. chopped fresh cilantro  
1 1/2 tsp salt  
1 tsp cumin  
1/4 tsp chili powder  
sprinkle of black pepper  
1 tsp baking powder, optional\*  
1/3 cup plain flour



*Pictured: finished falafel*

## Directions

1. Preheat oven to 375 F or heat oil to 374 F
2. Rinse chickpeas and allow to dry out, set aside.
3. Combine garlic, onion, parsley, cilantro, cumin, salt, pepper and chili powder in a food processor or blender until smooth. Move into a bowl.\*\*
4. Process chickpeas in food processor/blender next until a flour-like consistency is achieved.
5. Combine chickpeas with your blended mixture. Then add flour and baking powder and mix again.
6. Form balls of dough, should make about 20, and bake or fry until golden brown.

## Tips

\*baking soda helps to achieve a lighter texture

\*\*while processing ingredients, pause and scrape sides down occasionally to ensure an even blend.