

Crispy Baked Falafel

Makes 7 servings

Serving size: 4 falafel

Ingredients:

- 1 cup (175 g) dry chickpeas, soaked in water overnight, drained and rinsed
- 1/2 cup (60 g) roughly chopped red onion
- 1/2 cup (20 g) parsley leaves
- 1/2 cup (25 g) cilantro leaves
- 4 cloves garlic
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- Cooking spray (see note for oil-free option)

Directions:

Preheat the oven to 375 F. Line a baking sheet with parchment paper.

Add the chickpeas, onion, parsley, cilantro, garlic, salt, pepper, and cumin to a food processor and pulse the chickpeas into small crumbles. Pulse until everything is combined and a crumbly dough has formed.

Add the falafel to the prepared baking sheet, measuring out 1 leveled tablespoon of dough for each falafel, and gently flatten into a disc. Spray the falafel and bake for 15 minutes. Flip the falafel, spray with cooking spray again, and bake for an additional 15 minutes.

OIL-FREE: Omit the cooking spray. The falafel will not get very crispy but will still be delicious.

Nutritional Analysis per Serving:

Calories: 108 • Fat: 2 g • Saturated Fat: 0 g • % Calories From Fat: 14% • Cholesterol: 0 mg • Protein: 6 g • Carbohydrate: 18 g • Sugar: 3 g • Fiber: 5 g • Sodium: 175 mg • Calcium: 43 mg • Iron: 2 mg • Vitamin C: 8 mg • Beta-Carotene: 273 mcg • Vitamin E: 0 mg

Nutritional Analysis per Serving (OIL-FREE):

Calories: 106 • Fat: 2 g • Saturated Fat: 0 g • % Calories From Fat: 13% • Cholesterol: 0 mg • Protein: 6 g • Carbohydrate: 18 g • Sugar: 3 g • Fiber: 5 g • Sodium: 175 mg • Calcium: 43 mg • Iron: 2 mg • Vitamin C: 8 mg • Beta-Carotene: 273 mcg • Vitamin E: 0 mg



Recipe by Dustin Harder of VeganRoadie.com