

Falafel - simple, baked

Ingredients

- 4 cups unsalted cooked or canned chickpeas - rinsed and drained
- 1/2 cut chopped onion
- 1/4 cup chopped parsley
- 1 1/2 tsp granulated garlic
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp harrisa (optional)

Directions

- Preheat oven to 400 degrees Fahrenheit
- Mash chickpeas with fork until mushy
- Add rest of ingredients and combine
- Roll into balls and place on baking sheet
- Bake for 25-30 minutes
- Can serve plain or stuffed into whole wheat pitas with hummus, tehina and salad

