



## Veggie Packed Falafels

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### Ingredients:

- 1 cup dried/uncooked chickpeas (Do not use canned - it adds too much moisture)
- 1/2 cup packed fresh parsley leaves
- 1/2 cup packed fresh cilantro leaves
- 1/2 cup chopped white onion
- 3 cloves garlic, roughly chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 2 teaspoons fresh lemon juice
- 3 Tablespoons olive oil

### DIRECTIONS

- Place the chickpeas in a large bowl and cover them with 4 inches of water. (The beans will triple in volume as they cook.) Set the chickpeas aside to soak overnight for a minimum of 12 hours and up to 24 hours. (The chickpeas are ready to use when they are easily broken apart with your fingers.)
- Drain the chickpeas and add them to a food processor along with the parsley, cilantro, onion, garlic, cumin, salt, baking powder and lemon juice. Process the mixture just until the ingredients are minced but not pureed, scraping down the sides as needed. (Do not over-process the mixture or the falafel will be too loose. Process the mixture just until it holds together when squeezed into balls.) Taste and season the mixture with more salt, as desired.
- Preheat the oven to 375°F and grease a baking sheet with half of the olive oil.
- Squeeze the falafel mixture into 1.5-inch balls then flatten them slightly so they are the shape of patties. Arrange the falafel on the greased baking sheet and brush the tops of them with the remaining olive oil. Bake the falafel for 15 minutes, flip them once then bake them an additional 10 minutes until they are golden brown.