

BAKED FALAFEL

(from *Parents Need to Eat Too*)

from *The Cooks Next Door*

1-15oz can chickpeas, drained and rinsed
1 small onion, roughly chopped
2 cloves garlic, minced
3 Tbsp roughly chopped fresh parsley or cilantro
1 tsp cumin
1/2 tsp ground coriander
1/4 tsp cayenne
2 Tbsp flour or rice flour
1 tsp baking powder
3 Tbsp fresh lemon juice, divided
3 Tbsp olive oil, divided
salt and pepper
Mixture of salad veggies (lettuce, tomato, cucumber, mushroom, bell pepper)
Pitas
Hummus, tzatziki, tahini

Preheat the oven to 450°F. Set racks in upper and lower thirds of oven. Grease or line 2 baking sheets.

In a food processor combine the chickpeas, onion, garlic, parsley or cilantro, spices, flour, baking powder, half of the lemon juice, 1 Tbsp of the olive oil, salt and pepper to taste. Pulse until well combined but mixture is still relatively coarse, you don't want a puree.

Using your hands or a small cookie scoop, shape the mixture into 18-24 balls (about 1 1/2 inches in diameter). Arrange on the baking sheets and flatten each slightly. Brush the tops with 1 tablespoon of the remaining olive oil.

Bake for 10-12 minutes, then turn patties (rotating trays); bake for another 10-12 minutes. The patties are tender so be careful when turning.

Toss the salad veggies with the remaining lemon juice, olive oil, salt and pepper to taste.

Serve the falafels with veggies, pita, and hummus (or tzatziki or tahini).