

Easy Falafel

Falafel is a crisp Mediterranean staple that is made with chickpeas, fresh cilantro, parsley, onion and seasoned to perfection! Chickpeas are a plant-based protein source, and when paired with my [Tzatziki sauce](#), you will get 14 grams of protein in one serving. Wrap in pita or toss it in a salad!

Ingredients:

1 ¾ cups	Chickpeas, canned, drained and rinsed
1 cup	Fresh parsley
1 cup	Fresh cilantro leaves
1/2 cup	Yellow onion, chopped
1/3 cup	Whole wheat flour
1 tbsp	Lemon juice
1 ½ tsp	Baking powder
2 tbsp	Cumin
1 tsp	Black pepper, ground
6 cloves	Garlic, minced
2-3 tbsp	Extra virgin olive oil

Directions:

1. Add ingredients (except oil) into a food processor. Pulse until the no chickpea chunks remain and mixture is coarse. You may need to stop at times to scrape the mixture from the sides.
2. Cover and place mixture in the freezer until chilled.
3. Separate dough into 4 equal parts (if making patties) or 12 equal parts (if making balls). Roll into balls then flatten with a fork to make disks.
4. Heat oil in a skillet over medium-high heat.
5. Cook the mini disks for 3-5 minutes per side or until brown. Ensure the center is warm before removing from the skillet. Do this for all the disks/patties.
6. Place falafel on a paper towel to soak up any excess grease.
7. Serve warm with [tzatziki sauce](#) on pita or in a salad.

Servings: 4 falafel patties or 12 balls

Serving size: 1 falafel patty

*Nutrition facts based on 1 of 4 patties not balls.

Easy Falafel		
Nutrition Facts		
Serving Size	1 Falafel	
Amount Per Serving		
Calories	217.5	
	% Daily Value*	
Total Fat	9.4 g	12 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	339.8 mg	15 %
Total Carbohydrate	28.8 g	10 %
Dietary Fiber	6.7 g	24 %
Total Sugars	4 g	
Added Sugars	- g	- %
Protein	7.4 g	
Vitamin D	0 mcg	0 %
Calcium	188.7 mg	15 %
Iron	3.4 mg	19 %
Potassium	305.2 mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com </>