



Falafel

Yield: 4 servings

Ingredients

- 1 tablespoon ground flaxseed
- 2½ tablespoons water
- ⅔ cup roughly chopped onion
- 1 tablespoon garlic cloves
- 3 cups canned chickpeas, drained
- ½ cup roughly chopped fresh parsley
- ¼ cup all-purpose flour
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon kosher salt
- ¼ teaspoon ground cardamom
- ¼ teaspoon cayenne
- 1 tablespoon extra virgin olive oil

Instructions

1. Line a baking tray with parchment paper.
2. In a small bowl, stir together flaxseed and water. Let sit 5 minutes.
3. Meanwhile, in a large food processor, dice the onion and garlic.
4. Add the following to the food processor: flaxseed mixture, chickpeas, parsley, flour, cumin, coriander, salt, cardamom and cayenne. Pulse until roughly chopped (not a smooth paste).
5. Scoop 2 tablespoons of the mixture into your hands and form into a round ball, then flatten ball into a ¾ inch thick patty. Place on the baking tray. Repeat with the remaining mixture.
6. Heat a large nonstick skillet over medium heat. Add olive oil and falafel and cook for about 2 minutes, until the bottom is browned. Flip and cook the other side.

Nutrition Information

Serving Size: 3 falafel
Calories: 216
Total Fat: 5.8 g
Saturated Fat: 0.6 g
Monounsaturated Fat: 2.6 g
Polyunsaturated Fat: 0.4 g
Sodium: 503 mg
Total Carbohydrate: 32 g
Dietary Fiber: 7.5 g
Sugars: 2.9 g
Protein: 9.4 g

Source: Adapted from
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