

Falafels

Prep Time: 25 minutes (plus 24 hours soaking time) **Cook Time:** 10 minutes **Total Time:** 35 minutes

Servings: 4

Serving Size: 6-8 falafel balls

Ingredients:

1 cup **dried (not canned)** chickpeas (garbanzo beans), rinsed
½ teaspoon plus ¾ teaspoon baking soda, divided
1 small leek, white and light green parts, chopped
1 cup fresh parsley, chopped
3 cloves garlic, chopped
2 tablespoons lemon juice
2 teaspoons cumin
½ teaspoon salt
¼ teaspoon paprika
½ teaspoon pepper

3-4 drops hot sauce (optional)
¼ cup coconut oil

Garnish:

Lettuce or mixed greens
Tomato
Pitas or wraps (Whole wheat or gluten free)
Tzaziki (see recipe)

Directions:

1. Place chickpeas and ½ teaspoon baking soda in a large bowl and cover with 3-4 cups cold, filtered water. Cover with plastic wrap and soak on countertop for 24 hours. Drain.
2. Place chickpeas, remaining ¾ teaspoon baking soda, leek, parsley, garlic, lemon juice, cumin, salt, paprika, pepper and hot sauce into a food processor or high power blender. Process 30 seconds to 1 minute or until a chunky paste forms.
3. Using your hands, form about 30 'flattish' balls, about 1 heaping tablespoon each. Press each ball to release any excess moisture and place on a plate. Making them flatter instead of more rounded balls will allow you to fry them using less oil (always a healthier choice)!
4. Heat 2 tablespoons oil in a large skillet over high heat until oil is shimmering hot. Once oil is shimmering, add falafel balls and cook 3 minutes per side or until a deep golden brown all over. Add more oil as needed to make sure pan is well coated the entire cook time. Depending on the size of your skillet, you may need to work in batches.
5. Transfer cooked balls to a plate and use paper towels to drain any excess oil (there should not be much).
6. Serve hot with pita wraps, lettuce, tomato, and tzaziki sauce.

Tips and Tricks:

This recipe tastes just like the traditional restaurant quality version but with half the fat and calories. I usually double or even triple this recipe and then place uncooked balls on a parchment paper lined cookie sheet and freeze overnight. Remove the cookie sheet from the freezer and place falafels in freezer safe bag or container and freeze for up to 3 months. Place frozen falafels on the countertop for 10 minutes prior to cooking them in hot oil and increase cooking time by a few minutes.

Nutritional Information Per Serving:

Calories: 213.8
Fat: 14.7 g
Cholesterol: 0.0 mg
Sodium: 793.7 mg
Total Carbohydrate: 19.1 g
Dietary Fiber: 3.5 g
Sugars: 1.1 g
Protein: 3.8 g