



## Baked Falafel

### INGREDIENTS

2—15.5 ounce can chickpeas, drained  
1 small onion  
1-2 cloves garlic, minced  
2-3 tablespoons lemon juice  
¼ cup sesame seeds (optional)  
¼ cup fresh cilantro or parsley, chopped OR  
2 tablespoons dried  
½ teaspoon dried basil  
¼ teaspoon dried oregano  
1 teaspoon cumin  
½ teaspoon paprika  
1 teaspoon salt  
  
1-1½ cups breadcrumbs

### DIRECTIONS

1. Preheat oven to 350° F.
2. In a food processor, add chickpeas, lemon juice, onion, garlic, parsley (if using fresh), and puree until smooth.
3. Put mixture in large bowl and add all other dry seasonings.
4. Stir in enough breadcrumbs to hold mixture together. Add more as needed.
5. Using a 1½-inch scoop, make into balls and place them on a sprayed cookie sheet. Lightly spray tops with oil and bake for 10-15 minutes per side or until falafel are lightly browned.
6. Test for doneness by pressing the outside with your finger. It should be moist inside and give to the pressure of your finger.

**Serving suggestion:** Serve in pita pockets with diced cucumbers, tomatoes, and onions. Spoon on vegan cream cheese diluted with water and lemon juice with dill, or sour cream diluted with a little water and dill.

**Servings:** 30

SLIGHTLY MODIFIED from *From Plant to Plate*, by Tami Bivens, R.D. pp. 146, 147. For more information go to <https://lifeandhealth.org>