Green Chickpea Falafel

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Serve this falafel in a wrap or pita with lettuce, cucumbers, and tomatoes.

About the Recipe

253 Calories · 12 g Protein · 10 g Fiber
Lunch
Gluten-free · Nut-free

Use either green chickpeas, which you may be able to find in your grocery store's frozen section, or regular chickpeas in this recipe.

Ingredients

Makes 4 Servings

- 2 cans or 3 1/2 c (532 g) chickpeas or green chickpeas
- 1/2 cup fresh flat-leaf parsley
- 1/2 cup fresh cilantro leaves
- 1/2 tbsp (7.5 mL) lemon juice
- 2 cloves garlic
- 2 tsp (10 mL) ground cumin
- 1/2 tsp (2.5 mL) turmeric
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) sea salt
- 1/2 tsp (2.5 mL) crushed red pepper flakes
- 1 c (81 g) rolled oats

Directions

1. In a food processor, combine the chickpeas, parsley, cilantro, lemon juice, garlic, cumin, turmeric, salt, and red pepper flakes. Process until the mixture breaks down and begins to smooth out. Add the oats and pulse a few times to work them in. Refrigerate for 30 minutes.
2. Preheat the oven to 400 F (204 C). Line a baking sheet with parchment paper.
3. Use a cookie scoop to take small scoops of the mixture, 1 to 1 1/2 tbsp (15 to 22.5 mL) each. Place falafel balls on the prepared baking sheet. Bake for 11 to 12 minutes, until the falafel balls begin to firm (they will still be tender inside) and turn golden in spots.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 267 kcal
Fat: 5.5 g
    Saturated Fat: 0.5 g
    Calories From Fat: 17%
Cholesterol: 0 mg
Protein: 13 g
Carbohydrates: 35 g
Sugar: 6 g
Fiber: 11 g
Sodium: 880 mg
Calcium: 93 mg
Iron: 3.3 mg
Vitamin C: 3.6 mg
Beta-Carotene: 225 mcg
Vitamin E: 0.6 mg