

Crispy Baked Falafel

Source: Dustin Harder of VeganRoadie.com

About the Recipe

108 Calories · 6 g Protein · 5 g Fiber

Appetizers

Ingredients

Makes 7 Servings

- 1 cup (175 g) dry chickpeas, soaked in water overnight, drained and rinsed
- 1/2 cup (60 g) roughly chopped red onion
- 1/2 cup (20 g) parsley leaves
- 1/2 cup (25 g) cilantro leaves
- 4 cloves garlic
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- Cooking spray (see note for oil-free option)

Directions

1. Preheat the oven to 375 F. Line a baking sheet with parchment paper.
2. Add the chickpeas, onion, parsley, cilantro, garlic, salt, pepper, and cumin to a food processor and pulse the chickpeas into small crumbles. Pulse until everything is combined and a crumbly dough has formed.
3. Add the falafel to the prepared baking sheet, measuring out 1 leveled tablespoon of dough for each falafel, and gently flatten into a disc. Spray the falafel and bake for 15 minutes. Flip the falafel, spray with cooking spray again, and bake for an additional 15 minutes. OIL-FREE: Omit the cooking spray. The falafel will not get very crispy but will still be delicious.

Nutrition Facts

Per serving:

Calories: 108

Fat: 2 g

Saturated Fat: 0 g

% Calories From Fat: 14%

Cholesterol: 0 mg

Protein: 6 g

Carbohydrate: 18 g

Sugar: 3 g

Fiber: 5 g

Sodium: 175 mg

Calcium: 43 mg

Iron: 2 mg

Vitamin C: 8 mg

Beta-Carotene: 273 mcg

Vitamin E: 0 mg