

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

- chickpeas or green chickpeas (2 cans or 3 1/2 cups)
- fresh flat-leaf parsley (1/2 cup)
- fresh cilantro leaves (1/2 cup)
- lemon juice (1 1/2 tbsp.)
- garlic (2 cloves)
- ground cumin (2 tsp.)
- turmeric (1/2 tsp.)
- ground coriander (1 tsp.)
- sea salt (1 tsp.)
- crushed red pepper flakes (1/4-1/2 tsp.)
- rolled oats (1 cup)

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. Line a baking sheet with parchment paper.
3. Use a cookie scoop to take small scoops of the mixture, 1 to 1 1/2 tablespoons each. Place falafel balls on the prepared baking sheet. Bake for 11 to 12 minutes, until the falefel balls begin to firm (they will still be tender inside) and turn golden in spots.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 253

Protein: 12 g

Carbohydrate: 43 g

Sugar: 5 g

Total Fat: 4 g

Calories from Fat: 14%

Fiber: 10 g

Sodium: 601 mg