



Easy Baked Falafel

Prep Time: 10 Min Cook Time: 30 Min Serves: 4

Ingredients:

- 1 (15 oz) can low sodium chickpeas
- 1/4 cup loosely packed cilantro
- 1 Tbsp loosely packed parsley
- 2 cloves garlic, peeled
- 1/2 small onion
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 Tbsp ground cumin
- 1/2 Tbsp olive oil

Instructions:

1. Preheat oven to 450° F.
2. Drain and rinse chickpeas.
3. Cut onion into large chunks.
4. Place all ingredients into a blender or food processor and blend until smooth.
5. Make 3 inch patties about 1/2 inch thick and place them on an oiled baking sheet 1 inch apart.
6. Bake for 15 minutes. Take patties out and flip them. Bake for 15 more minutes.
7. Let cool and serve in a whole wheat pita or tortilla.

Serve this with Apple
Seeds' Tzatziki sauce and
Greek Oregano Salad

