



# Falafels

SERVING: 6 FALAFELS  
YIELD: 2

PREP TIME: 15 MIN  
TOTAL TIME: 45 MIN

## Ingredients

- 1 (15.5 ounce can) Chickpeas, rinsed, drained, dried
- 1/2 cup Yellow Onion, chopped
- 1/2 cup Fresh Parsley, roughly chopped
- 1/2 cup Fresh Cilantro, roughly chopped
- 1/2 tbsp Minced Garlic
- 1 tsp Cumin
- 1/2 tsp Coriander
- 1/2 tsp Dill Weed
- 1/4 tsp Crushed Red Pepper Flakes
- 1 tsp Baking Powder
- 2 tbsp All Purpose Flour, plus more for dusting
- Olive oil spray

## Directions

1. Dry the chickpeas on paper towels.
2. Using a blender or food processor, ADD onions, parsley, cilantro, garlic, cumin, coriander, dill weed, and red pepper flakes.
3. Process until blended, then add the chickpeas and mix until just blended, but not pureed.
4. Transfer to a bowl. Sprinkle in the baking powder and the flour, and combine with fork.
5. Freeze for about 5 minutes.
6. Form the falafel mixture into 12 balls, if it's too sticky add some flour to your hands and your work surface. Spray each falafel with oil on both sides.

### Air Fryer

1. Preheat the air fryer 350F.
2. Cook 15 minutes, in batches until golden brown, turning half-way through.

### Oven

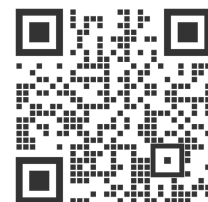
1. Preheat the oven to 400F.
2. Bake falafels for 15-20 minutes, turning half-way through.

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size</b>		<b>6 pieces (0.0g)</b>	
	<b>Per Serving</b>	<b>Per Container</b>	
<b>Calories</b>	<b>230</b>	<b>450</b>	
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	
<b>Total Fat</b>	3.5g <b>4%</b>	7g	<b>9%</b>
Saturated Fat	0g <b>0%</b>	0.5g	<b>3%</b>
Trans Fat	0g	0g	
<b>Cholesterol</b>	0mg <b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	300mg <b>13%</b>	590mg	<b>26%</b>
<b>Total Carb.</b>	40g <b>15%</b>	80g	<b>29%</b>
Dietary Fiber	10g <b>36%</b>	19g	<b>68%</b>
Total Sugars	6g	13g	
Incl. Added Sugars	0g <b>0%</b>	0g	<b>0%</b>
<b>Protein</b>	11g	22g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	190mg 15%	380mg	30%
Iron	2.8mg 15%	5.5mg	30%
Potassium	490mg 10%	980mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Recipe adapted from  
skinnytaste.com

\*Cost information includes  
lower cost ingredients found at  
local grocery store 05/15/23.



**Cost Per Recipe**

\$2.00

**Cost Per Serving**

\$1.00

## What Is Falafel?

Falafel are deep-fried balls or patties made from chickpeas or fava beans, sometimes both, plus fresh herbs and spices. Falafel is a popular Middle Eastern street food sold from vendors or fast-casual spots in countries such as Egypt, Syria, Lebanon, Turkey and Israel, where it's the national dish. Falafel is also a popular vegetarian and vegan food. It's served in pita sandwiches with pickles, hot sauce, tahini and vegetables such as tomatoes, cucumbers and lettuce; as part of a mezze spread with other small plates such as hummus, tabbouleh and grape leaves; or paired with salad or as a side with hummus.



J-O Eriksson / EyeEm/Getty Images

## What Is In Falafel?

Falafel's main ingredient are chickpeas, though it's sometimes made with fava beans or a combination of the two. The chickpeas (and/or fava beans) are combined with fresh herbs such as parsley, cilantro and dill, spices including cumin, coriander and cayenne or crushed red-pepper flakes and aromatics such as onions, garlic and shallots. Many recipes also call for baking soda; since it's a rising agent, it helps keep falafel from becoming dense and ensures a tender, almost fluffy interior.

Falafel lends itself to experimentation, too. Different legumes, herbs or even nuts, can be subbed or added in, as with this [Pea-Mint Falafel with Bulgur](#) recipe.



Zaineb Louchahi / EyeEm/Getty Images

## How to Make Falafel

Falafel is made by combining chickpeas, herbs, spices and aromatics in a food processor to create a mixture that's formed into patties or balls and then either fried or baked. Frying falafel yields a crispier texture than baking.