

## Baked Falafel

**Ingredients:**

- 1 (15 oz.) can no salt added chickpeas, drained
- 1 small yellow onion, finely chopped
- 1/4 cup whole wheat flour
- 1/2 teaspoon baking powder
- 3 tablespoons fresh parsley, finely chopped
- 1 tablespoon fresh cilantro, finely chopped
- 2 garlic cloves, minced
- 1/2 tablespoon ground cumin
- 3/4 teaspoon salt
- 1/8 teaspoon paprika
- 1/2 teaspoon lemon juice
- Black pepper to taste

**Directions:**

1. Preheat oven to 375° F and spray cookie sheet with cooking spray.
2. Place drained chickpeas in a large bowl and mash with a potato masher.
3. Add all other ingredients to chickpeas, stir to combine, and mash with potato masher until blended and slightly chunky.
4. Using your hands, form falafel mixture into small patties (about 1 tablespoon each).
5. Place patties on cookie sheet and spray tops with more cooking spray.
6. Bake for 15 minutes, turn once, and bake for an additional 15 minutes until slightly brown and crispy.

**Tips:**

- Serve in a whole wheat pita or on a salad. Tastes great with Tzatziki sauce!

**Serves 4****Serving size: 5 items****Other information:**

If you can't find no salt added chickpeas, you can drain and rinse canned chickpeas to remove most of the sodium.

**Nutrition Facts**

Serving Size 5.00 item(s) (162g)

## Amount Per Serving

<b>Calories</b>	135	<b>Calories from Fat</b>	18
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## % Daily Value

<b>Total Fat</b>	2.1g		3 %
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Saturated Fat	0.1g		0 %
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Trans Fat	0.0g		
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<b>Cholesterol</b>	0.0mg		0 %
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<b>Sodium</b>	592.7mg		25 %
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<b>Total Carbohydrate</b>	26.6g		9 %
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Dietary Fiber	6.0g		24 %
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Sugars	1.8g		
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<b>Protein</b>	6.7g		
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Vitamin A	6 %	Calcium	7 %
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Vitamin C	13 %	Iron	11 %
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Recipe Tested By

