



# Falafel

Recipe by Karina



## Ingredients



- 1 can chickpeas (1 1/2 cup cooked), drained and rinsed
- 4 cloves garlic, minced
- 1 lemon, juiced (2 Tbsp.)
- 1 green onion
- 1 cup fresh cilantro
- 1/2 cup fresh parsley
- 1/2 tsp. baking powder
- 1 tsp. cumin
- 1 tsp. coriander (optional)
- 1 tsp. salt



## Directions



Yield: 3 servings

Serving Size: 3 Falafel

Total Cost: \$3.34

Serving Cost: \$1.11

1. Preheat oven to 375°F and line baking sheet with parchment paper.
2. Chop cilantro, parsley, and green onion.
3. Add all ingredients to a bowl and mash together with a potato masher or fork until you are able to form balls.
4. Roll mixture into 9 ping pong sized balls.
5. Place falafels onto lined baking sheet and bake 25-30 min, flipping half way through baking.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips

- For drier falafel: roast chickpeas in a hot frying pan to remove some moisture or use dried chickpeas, soaked overnight.
- For pan fried option: put a small amount of olive oil in a frying pan and roll the balls around until they are browned.
- To substitute dried herbs for fresh, reduce measurement by 1/3.

## Nutrition Facts

3 servings per container	
<b>Serving size</b>	<b>3 falafel</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 780mg	<b>34%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 3.78mg	20%
Potassium 376mg	8%

\*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.

Second Harvest is an equal opportunity provider.



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