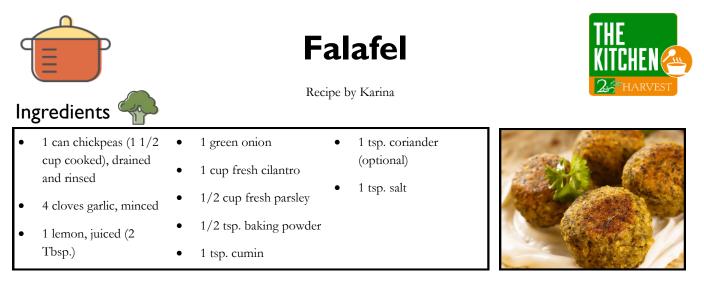
	Falafel	KITCHEN 🥔
Ingredients	Recipe by Karina	25 ^{-THARVEST}
 1 can chickpeas (1 1/2 cup cooked), drained and rinsed 4 cloves garlic, minced 1 lemon, juiced (2 Tbsp.) 	 1 cup fresh cilantro 1 /2 cup fresh parsley 1 tsp. salt 	
	Yield: 3 servings Serving Size: 3 Falafel Total Cost: 5	\$3.34 Serving 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 to find more recipes, free classes, and ways to get involved!



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Featured Food Groups

Fast Facts





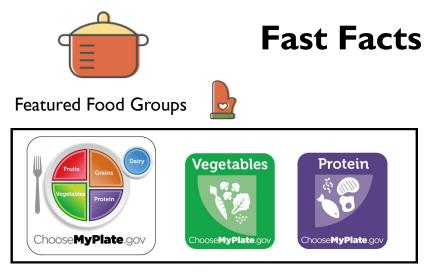
Vegetables Vegetables Protein Protein Choose MyPlate.gov

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.

Second Harvest is an equal opportunity provider.

Nutrition F	acts
3 servings per container Serving size	3 falafel
Amount Per Serving Calories	150
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 780mg	34%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 3.78mg	20%
Potassium 376mg	8%
*The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	



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