



Split Pea Falafel Fingers



Ingredients



- 1 cup yellow split peas (soaked for at least 4 hours)
- 1 small onion, chopped
- 4 gloves garlic, minced
- 1 cup fresh cilantro
- 1 cup fresh parsley (optional)
- 1 large carrot, cubed
- 1 Tbsp. cumin
- 1 tsp. salt
- 14 almonds



Directions



Yield: 3.5 servings **Serving size:** 4 fingers

Total cost: \$4.37 **Serving cost:** \$1.25

1. Preheat oven to 375 F. Line a baking sheet with parchment paper.
2. Rinse split peas and ensure they are well drained.
3. Pulse all ingredients in a food processor until mixture sticks enough to form into balls. If using a blender, blend split peas and cilantro alone before incorporating other ingredients.
4. Form falafel dough into finger shapes and place onto baking sheet. Press almond into the tip of each finger with the point facing forward.
5. Bake 25-30 minutes until golden brown. Let cool on sheet 10 minutes before removing.

Visit 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 bloody falafel fingers, serve with marina or Sriracha. For fingers “coming out of the dirt,” serve with black bean dip or hummus.
- Serve on a sandwich, wrap, or in pita bread.
- For a nut free alternative, sub almonds for black or white beans.

Nutrition Facts

3.5 servings per container	
Serving size	4 Fingers
Amount Per Serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0.3g	2%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 610mg	27%
Total Carbohydrate 38g	14%
Dietary Fiber 18g	64%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 4.14mg	25%
Potassium 799mg	15%
<small>*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.</small>	

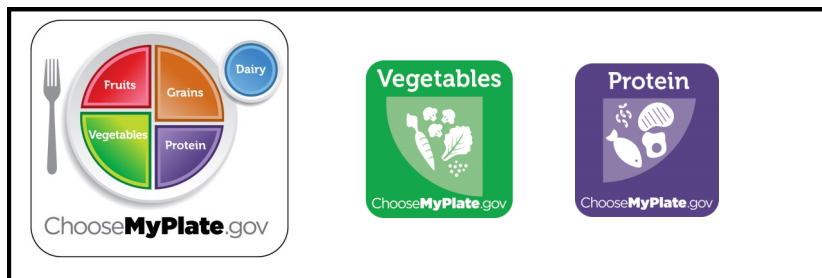
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