

Crispy Falafel

Course: Main Dish

Categories: Vegetarian

Serving size: 7 servings of 4 balls

Preparation time: 10 mins

Cooking time: 25 mins



Ingredients

3 cups dried chickpeas (or three 15 oz cans) 1
large onion, roughly chopped (about 1 cup) ½ cup
finely chopped fresh parsley
½ cup finely chopped fresh cilantro
1.5 teaspoon salt
1-2 teaspoon harissa hot sauce
6 cloves of garlic
3 teaspoons cumin
3 teaspoon baking powder
¾ - 1 cup whole wheat flour
Parchment paper
Tzatziki sauce (buy or make below) or hummus

FOR HOMEMADE TZATZIKI SAUCE:

1/2 cup Greek yogurt
Juice of 1 lemon
1 tbsp. extra-virgin olive oil
1 tbsp. freshly chopped dill
¼ tsp sea salt

Directions

1. Put the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches. Let soak overnight (8-12 hours), then drain (can refrigerate for up to 3 days). Or use canned chickpeas, drained.
2. Place the drained chickpeas and the onions in the bowl of a large food processor fitted with a steel blade. Add the parsley, cilantro, salt, harissa sauce, garlic, and cumin. Process until blended but not pureed.
3. Sprinkle in the baking powder and ¾ cups of the flour, and pulse. You want to add enough bulgur or flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for several hours.
4. If using an oven, pre-heat to 400 F.
5. Make 2-inch balls, I like using an ice cream scoop and dropping them directly on a cookie sheet covered with parchment paper or air racks (if using air fryer).
6. Cook for 20-25 minutes or until brown on outside and done on inside in air-fryer or 20-25 minutes in oven (I like moving the racks around 1/2 way through in air-fryer)

If making tzatziki sauce:

In a medium bowl, whisk together yogurt, lemon juice, oil, and dill. Season with sea salt and pepper.

For serving: Dip falafel in tzatziki sauce or hummus. Add this to your favorite power bowl of healthy grains and greens.