



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Baked Falafel Patties

Serves: 4 Serving Size: 1 patty

Ingredients:

- 1 15oz can chickpeas (well rinsed and drained)
- 1 cup fresh parsley, chopped
- 1 cup fresh cilantro, chopped
- 3 large garlic cloves, chopped
- 1 Tbsp lemon juice
- 1 Tbsp water (more if needed)
- ½ scant tsp kosher salt
- black pepper, to taste
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ cup chickpea flour



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Steps:

1. Add herbs, garlic, lemon juice, water, cumin, coriander salt and pepper to a food processor and mix to combine. Add chickpeas and pulse until incorporated but still slightly chunky.
2. Transfer to a mixing bowl and knead in the chickpea flour until a dough is formed that's firm enough to be handled. Taste and adjust seasonings as needed. If dough is crumbly, add more water at this point.
3. Use your hands to form dough into 4 patties, roughly 1/2-inch thick.
4. Place on a foil-lined baking sheet and refrigerate or freeze for 15 minutes to firm up. Preheat oven to 375 degrees F (in the meantime).
5. Bake for a total of 30-40 minutes, flipping once at the halfway point for even cooking. The longer you bake them, the firmer they'll get.

Nutrition Facts (per serving):

Calories: 82, Protein: 4g, Fat: 1.3g, Saturated Fat: 0g, Carbohydrates: 14g, Sugars: 1.7g, Sodium: 75mg

Recipe and photo source: <https://minimalistbaker.com/baked-falafel-burgers/>