



Makes 8 burgers
Preparation Time: 15 minutes
Cook Time: 45 minutes

INGREDIENTS:

FALAFEL BURGERS

2–3 large cloves garlic

½ cup packed fresh flat leaf (Italian) parsley (just chop off the bottom part of the stems)

½ cup packed fresh cilantro (no need to remove the tender stems)

½ cup roughly chopped scallions

2 14½-ounce cans chickpeas (garbanzo beans), rinsed and drained (reserving at least 2 tablespoons of the liquid)

1 cup rolled oats

2½ tablespoons lemon juice

2 teaspoons ground cumin

1 teaspoon ground turmeric

1½ teaspoons ground coriander

1 teaspoon salt (optional)

¼ teaspoon black pepper

¼–½ teaspoon crushed red pepper flakes

TAHINI SAUCE

¼ cup tahini

2 tablespoons lemon juice

2 cloves garlic, pressed

2 tablespoons water

Dash of salt (optional)

Fabulous Un-fried Falafel Burgers

I have made many attempts at a baked falafel and even falafel burgers, but had not hit on the “one” that packed a full-of-flavor punch like a fried falafel ball does—until this.

Find this falafel burgers recipe and more in the [Forks Over Knives Recipe App](#).

By Wendy Solganik

- 1 Place garlic, parsley, cilantro, and scallions in the bowl of a food processor and process until mixture is finely chopped.
- 2 Add all other ingredients and process, scraping down sides as necessary, until all ingredients are blended, but do not over process into a paste. You want the mixture to have a bit of texture left, but be able to stick together easily. If mixture is too dry, add the reserved liquid from the chickpeas, one tablespoon at a time, pulsing to incorporate the liquid.
- 3 Transfer the mixture into a bowl and refrigerate for 30 minutes.
- 4 Form into patties and reserve on a plate. Heat a nonstick skillet over medium-high heat for a few minutes until pan is hot. Place patties in pan and cook for 5 minutes. Flip patties and cook 5 minutes on the other side. Remove from pan. Patties should be nicely browned and crisp on each side but not burned.
- 5 For Tahini Sauce, combine all ingredients in a bowl and stir until smooth.
- 6 Serve burgers simply topped with a little Tahini Sauce, atop a green salad, or fixed up as a burger on a bun with lettuce, tomato, pickle slices and Tahini Sauce.

Chef's Note: Veggie burgers can be served immediately or refrigerated for up to a week. Simply reheat them in a pan, a toaster or a microwave before serving.