



Makes 8 patties + 1 cup sauce

Preparation Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS:

½ cup unsalted raw cashews

4 tablespoons lemon juice

3 cloves garlic, finely chopped

1 cup chopped peeled cucumber

2 tablespoons chopped fresh dill
or ½ teaspoon dried dill

1 15-oz. can no-salt-added chickpeas, rinsed and drained (1½ cups)

1½ cups chopped fresh kale leaves

1 cup chopped fresh parsley or cilantro

½ cup rolled oats

½ cup chopped yellow or white onion

2 teaspoons ground coriander

2 teaspoons ground cumin

1 teaspoon paprika

Baked Falafel with Vegan Tzatziki Sauce

These fabulous falafel are baked, not fried, giving you the classic nutty-herbaceous flavor of falafel but none of the added **oil**. They're also easier to make—rather than dealing with a spitting pan of hot fat, you can pop them in the oven to bake, turning once. Don't skip the Vegan Tzatziki Sauce! Traditionally made with yogurt, this cashew-based version has the fresh flavor of dill plus diced cucumber for added crunch and cooling notes. Whether serving this as an **appetizer** or a main meal with a **Greek salad**, you'll be amazed at how quickly these come together!

Tips

Gluten-free version: To make this gluten-free, use certified gluten-free rolled oats.

From straightupfood.com

For more inspiration, check out these tasty ideas:

- [Roasted Beet Falafel with Chile-Lime Tahini Sauce](#)
- [Sneaky Chickpea Burgers](#)
- [Greek Salad with Air-Fryer Falafel](#)
- [Crunchy Plant-Based Falafel Tacos](#)

By Cathy Fisher

- 1 To make Vegan Tzatziki Sauce, in a blender combine cashews, 2 tablespoons lemon juice, 1 small clove garlic, and ⅓ cup water. Let stand at least 15 minutes to let cashews soften. Cover and blend until smooth. Add cucumber and dill; cover and blend briefly. (You want the final sauce to retain some texture.) Thin with a little water if needed for desired consistency. Transfer to a glass jar with lid. Chill until ready to use. Stir before using.
- 2 Preheat oven to 375°F. Line a baking sheet with parchment paper.
- 3 In a food processor combine the remaining 2 tablespoons lemon juice and 2 cloves garlic with the next 8 ingredients (through paprika). Process until mixture is well blended and starting to stick together. Transfer to a medium bowl.
- 4 Form mixture into eight balls, using ¼ cup mixture for each. Place balls on prepared baking sheet, spacing them evenly. Flatten each with your hand into a patty about 2½ inches wide and ½ inch thick.
- 5 Bake 15 minutes, then gently flip patties. Bake 15 minutes more or until lightly browned on both sides. Let cool 5 minutes before serving. Serve with Tzatziki Sauce.