



Makes 9 croquettes
Preparation Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS:

⅔ cup chickpea flour

½ teaspoon regular or sodium-free baking powder

⅛ teaspoon sea salt

⅛ teaspoon freshly ground black pepper

1 cup finely chopped cauliflower (see tip, recipe intro)

¼ cup finely chopped red onion

¼ cup finely chopped red bell pepper

¼ cup chopped fresh parsley

Paprika

Whole parsley leaves or chopped romaine lettuce (optional)

Chickpea Cauliflower Croquettes

This plant-based version of a Mediterranean favorite skips the meat and the deep fryer, baking instead until lightly golden. Finely chopped **cauliflower**, red onion, bell pepper, and parsley come together in a chickpea-flour batter for tender, chunky bites with crisp edges. Serve warm or at room temperature on a bed of lettuce, or pile on **whole-grain bread** for a meal.

Tips

How to finely chop cauliflower: Chop by hand or pulse in a food processor.

For more inspiration, check out these tasty ideas:

- [Crispy Buffalo Cauliflower Bites](#)
- [Vegan Crab Cakes with Remoulade](#)
- [Smoky Vegan Stuffed Mushrooms](#)
- [Whole Grain Soft Pretzel Bites](#)

By Mary Margaret Chappell

- 1 Preheat oven to 400°F. Line two baking sheets with parchment paper.
- 2 In a large bowl stir together chickpea flour, baking powder, salt, and black pepper. Add cauliflower, onion, bell pepper, and parsley; stir until well combined. Stir in ½ cup water, adding up to 3 tablespoons water if needed to achieve a pancake-batter consistency.
- 3 Pour batter in 2-tablespoon portions 2 inches apart on prepared baking sheets. Sprinkle lightly with paprika.
- 4 Bake 20 minutes or until croquetas are firm and lightly browned on edges. Arrange parsley leaves (if using) and croquetas on a platter.