



Makes 4 servings
Cook Time: 50 minutes

INGREDIENTS:

2 (15-ounce) cans chickpeas,
drained and rinsed

1 medium yellow onion, chopped

6 cloves garlic, chopped

4 tablespoons chopped fresh
parsley

1 tablespoon arrowroot

4 teaspoons ground coriander

2 teaspoons ground cumin

Sea salt and black pepper, to
taste

Crispy Baked Falafels

I love this crispy baked falafel recipe. I eat them as an appetizer, in a pita with Green Sauce, or even on pizza. But I don't want all the added fat that would normally be in a deep-fried dish. So I bake them instead, and baked falafels taste just as good as the fried original.

From *The China Study Quick & Easy Cookbook*

<https://www.youtube.com/watch?v=PWyu2HhB8X8>

By Del Sroufe

- 1** Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- 2** Combine all ingredients (chickpeas, onion, garlic, parsley, arrowroot, coriander, cumin, and salt and pepper to taste) in a food processor and process, leaving a little texture to the beans.
- 3** Shape the mixture into balls, using a small ice cream scoop or tablespoon. Place them on the baking sheet, and bake for 25 minutes.
- 4** Turn the falafel balls over, and bake for 20 minutes more.