

*Note: I typically double this recipe and make the patties a little larger (2-3"). Serve with Tzatziki sauce (recipe from week 3) or wrapped in a pita or flatbread with tomatoes, cucumbers, and tzatziki.*

## Easy Baked Falafel

- Author: [Brittany Mullins](#)
- Prep Time: 10 minutes
- Cook Time: 24 minutes
- Yield: 15 patties



### Ingredients

- 1 15 oz can chickpeas, drained and rinsed
- 1/4 cup chopped onion
- 3 cloves fresh garlic
- 1/2 cup fresh parsley
- 1 Tablespoon olive or avocado oil
- 2 teaspoons lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon sea salt
- pinch of cayenne
- 1/2 teaspoon baking soda
- 3 Tablespoons flour
- olive or avocado oil cooking spray

### Instructions

1. Preheat oven to 375°F. Spray a baking sheet with oil.
2. Add chickpeas, onion, garlic, oil, parsley, lemon juice, cumin, coriander, salt and cayenne into a food processor and pulse until just combined. You don't want to over-process the mixture or you'll end up with hummus. Plus, having a few chunks of chickpeas gives the falafel a nice texture. Stir in baking soda and oat flour. At this point your mixture should be holding together quite well.
3. Scoop spoonfuls of mixture out and form into small patties; you should get about 15. Place on prepped baking sheet.
4. Bake 10-12 minutes, flip patties and bake for another 10-12 minutes or until falafel are golden and cooked through.

**Nutrition:** Serving Size:3 falafel

Calories:143

Sugar:1g

Sodium:648mg

Fat:5g

Carbohydrates:24g

Fiber:6g

Protein:6g

<https://www.eatingbirdfood.com/easy-baked-falafel/#tasty-recipes-33000>