

## Falafel Patties / Gluten Free, Vegan

Provided by Fort Vancouver Center for International Studies, Culinary Arts – a Vancouver Public Schools Program of Choice

### Ingredients:

- 2 cloves garlic
- 2 scallions
- ¼ cup fresh parsley
- ¼ cup fresh cilantro
- 2 cans (15.5 oz each) low sodium chickpeas, drained and rinsed
- ¼ cup chickpea flour
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon baking powder
- 1 1/2 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 tablespoon+1 teaspoon lemon juice
- 3 tablespoons olive oil
- ¼ teaspoon cayenne pepper



### Instructions:

1. Preheat the oven to 375°F.
2. Place the garlic, scallions, parsley and cilantro in the bowl of a food processor and puree until finely chopped. Add the chickpeas, flour, cumin, coriander, baking powder, salt, pepper and lemon juice. Pulse until the ingredients are incorporated and the chickpeas are ground but not totally smooth.
3. Grease a large rimmed baking sheet with 1 ½ tablespoons oil. Roll the chickpea mixture into 16 balls, approximately 1 ¼ inches each. Flatten each ball slightly to form thick patties and place them on the prepared pan. Brush the tops with the remaining 1 ½ tablespoons oil.
4. Bake in the upper 1/3 of the oven for 15 minutes, then flip and cook another 10-15 minutes until done. Option to pan fry is delicious as well.