

Baked Falafel

Makes 12 falafel rounds

Ingredients

- 2 15-ounce cans chickpeas
- 1 medium red onion, small diced
- 4 cloves garlic, minced
- 1/4 cup chopped parsley
- 1/4 cup chopped cilantro
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons cumin
- 1 teaspoons coriander
- 1 1/2 teaspoons salt
- 1 large egg, beaten
- 1/4 cup almond flour or unseasoned breadcrumbs

Instructions

- 1 Preheat the oven to 375°F: Brush or rub a baking sheet with a thin layer of olive oil.
- 2 Combine all the ingredients in a food processor, except the almond flour or breadcrumbs: Add the chickpeas, onion, garlic, 1/4 cup parsley, and 1/4 cup cilantro to the bowl of a food processor. Sprinkle the olive oil, lemon juice, and spices over top.
- 3 Pulse until the ingredients are mixed: Pulse the food processor 10 or 12 times, until the chickpeas are chopped and all the ingredients are mixed.
- 4 Taste the mixture: Taste and add more herbs, spices, olive oil, or lemon juice, if you like.
- 5 Sprinkle the almond flour over the mixture.
- 6 Continue pulsing until the mixture forms a ball: Continue to mix the chickpeas in pulses, scraping down the sides of the bowl as needed, until the mixture forms a ball when you squeeze it in your hand. You can completely puree the mixture if you like, or leave it fairly chunky.
- 7 Bake the falafel right away or refrigerate for up to 5 days: The falafel mixture can be transferred to an airtight container and refrigerated for up to 5 days. Refrigerating also helps the mixture firm up and be less crumbly when baked.
- 8 Roll the falafel into large balls: Using your hands, scoop up some of the mixture and form it into a ball in your hand. The exact amount doesn't matter — just make sure that all your falafel balls are roughly the same size so they bake at the same rate.
- 9 Brush the tops with a little more olive oil.

Bake for 25 to 30 minutes, flipping the falafel partway through: The falafel are fairly delicate, so be gentle when flipping them. If one does fall apart, just press it back together with the back of a spatula. When finished cooking, the falafel should be golden brown and feel dry to the touch, but still give a little when you press the middle.