

Falafel

10 Servings • 1 Serving = 2 Falafel Patties

Developed by Arlayna Jackson, UTSA Dietetic Intern



INGREDIENTS

- 6 cloves garlic, peeled
- 1 (15 ounce) can chickpeas, rinsed and drained
- 1 ½ cups fresh parsley
- 1 cup fresh cilantro
- ½ cup white onion, diced
- 1/3 cup white whole wheat flour
- 1 Tablespoon lemon juice
- 1 ½ teaspoon baking powder
- 1 teaspoon salt
- 1 ½ teaspoon ground cumin
- ½ teaspoon black pepper
- 2 Tablespoons canola oil

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine all ingredients besides the oil into a food processor. Pulse to combine.
3. Form balls using 2 Tablespoons of the mixture and gently flatten to make ½" thick patties.
4. Heat a large oven safe skillet over medium-high heat. Add oil. Carefully transfer 4 - 5 falafel patties to the hot oil and fry for 2 - 3 minutes per side, or until both sides of the patty are browned.
5. Place the skillet into the oven for 10 minutes to finish cooking.
6. Continue in batches until all patties are cooked.

Nutrition Facts

10 servings per container
Serving size 2 falafels

Amount per serving
Calories 90

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 239mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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