

## Homemade Falafel (Chickpea) Patties

### **Ingredients**

4 15 oz canned chickpeas, drained  
5 garlic cloves  
1 small sweet onion, sliced  
1 c parsley  
1 c cilantro  
3 tsp cumin  
1 tsp curry (or 2 tsp coriander)  
1 tsp salt  
½ tsp pepper  
1/8 tsp ground cardamom  
1 T baking powder  
Olive Oil- for cooking



### **Directions:**

Place chickpeas and all ingredients, except olive oil, into food processor. Blend down until mixture starts to hold together.

Take a handful of the mixture to form a ball and press down to about ¼ inch thick patties.

Using a medium skillet, add olive oil to coat a thin layer. Add patty to the hot skillet and cook on each side for about 2 minutes or until golden brown.

Line a plate with paper towel and place patties on to cool.

Place falafel on bed of arugula (or greens of your choice) and adding all your favorite vegetables. Falafel is also consumed as a sandwich. Place on whole grain bread with lettuce, tomato, onion, and hummus.

### **Nutrition Information:**

6 servings, about 3 each  
~ 180 kcals, 9 g fat, 20 g carb, 7.5 g protein, 3 g fiber  
Adapted from: Blue Zones Kitchen cookbook, by Chef Sandra Lewis



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