

OVEN-FRIED FALAFEL

Adapted from Joan Nathan's recipe by Lindsey Seegers

Yields about 20 balls

INGREDIENTS

1 cup dried chickpeas
1/2 large onion, roughly chopped (about 1 cup)
2 tablespoons finely chopped fresh parsley
2 tablespoons finely chopped fresh cilantro
1 teaspoon salt
4 cloves of garlic
1 teaspoon cumin
1 teaspoon baking powder
4-6 tablespoons flour or cornmeal
3-4 tablespoons vegetable Tahini

DIRECTIONS

Put the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches. Let soak overnight, then drain. Or use canned chickpeas, drained.

Place the drained, uncooked chickpeas and the onions in the bowl of a food processor fitted with a steel blade. Add the parsley, cilantro, salt, garlic, and cumin. Process until blended but not pureed.

Sprinkle in the baking powder and 4 tablespoons of the cornmeal (or flour), and pulse. You want to add enough bulgur or flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for at least 30 minutes.

Preheat the oven to 400F, placing a clean sheet pan inside the oven before heating.

Form the chickpea mixture into balls about the size of walnuts, flatten gently.

Carefully remove the preheated baking sheet from the oven, and line with parchment paper. Brush oil generously over the parchment paper.

Place the falafel patties on the hot baking sheet, and lightly brush or spray the top of each with oil.

Bake falafel for 25-30 minutes, or until crispy and golden.

Serve with tahini, thinned with water, or store-bought tzatziki sauce.