

Herbal Legacy Recipes

Baked Falafel

from About.com Middle Eastern Food



INGREDIENTS:

- * 1 15-19 oz can chickpeas, drained
- * 1 small onion, chopped
- * 2 cloves of garlic, chopped
- * 1 tablespoons of fresh parsley, chopped
- * 2 tablespoons flour
- * 1 teaspoon coriander
- * 1 teaspoon cumin
- * 1/2 teaspoon baking powder
- * salt and pepper
- * 2 tablespoons olive oil

DIRECTIONS:

Preheat oven to 350° F.

Drizzle olive oil evenly in shallow baking dish.

While oven is preheating, mash chickpeas with mortar and pestle or in food processor. Add onions and garlic and blend.

Add remaining ingredients to make a thick paste-like consistency.

Shape into ping pong size balls and place in preheated baking dish. Bake for 15-20 minutes, turning halfway through cooking.

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<http://www.herballegacy.com/Recipes.html>