

Falafel

Lunch/Dinner



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Serves approx. 4-5

Items Needed: cutting board, knife, measuring cups, food processor, skillet, spatula

Ingredients:

- 2 cups chickpeas
- 1 small bunch of parsley
- 1 small bunch of cilantro
- ¼ medium red onion
- 2 cloves of garlic
- ¼ cup panko (breadcrumbs) Optional
- Salt and pepper to taste
- 2 Tbsp olive oil



Directions:

1. Rinse and drain chickpeas, place into food processor along with parsley and cilantro leaves
2. Chop onion and garlic roughly and add to the chickpeas and herbs.
3. Blend until smooth and the mixture holds together. If you need to you can add flour, or breadcrumbs to help bind everything a little more and season appropriately.
4. In a non-stick skillet, add oil and place over medium heat.
5. While the skillet is coming up to temperature, portion out your falafel mix into 8-10 patties.
6. Place patties in skillet and reduce heat to medium/low and cook 3-4 minutes, or until the patty is golden brown and crispy. Flip the patties over and repeat this on the other side until golden brown as well.
7. Enjoy as a sandwich, in a pita, over a salad or grain bowl.