

Falafel

Makes 20 falafel depending on size

By: Donna Quigley

Ingredients:

1lb dried garbanzo beans
Parsley, fresh 6 tbsp or 2 tbsp dry
Small onion chopped
6 cloves garlic
2 tbsp whole wheat flour
2 tsp coriander
2 tsp cumin
½ tsp cardamom
½ tsp black pepper
¼ tsp salt
¼ tsp cayenne pepper



Steps:

1. Sort and rinse chickpeas.
2. Put in bowl cover with water and soak for 24 hours. Or cook in insta-pot with 6 cups of water high pressure for 35 minutes.
3. Drain and rinse chickpeas. Pat dry with towel.
4. Add ingredients to blender or food processor.
5. Pulse until well combined (should hold together when pinched)
6. Place in a large bowl and refrigerate for 2 hours or more.
7. Scoop mixture into palm of hand and form into balls.
8. Place falafel balls in air fryer.
9. Set air fryer to 380 degrees and cook for 12 minutes, flipping halfway through.
10. Alternatively cook in oven at 400 degrees Fahrenheit for 20 minutes.
11. Serve with tahini sauce or cucumber sauce...as a salad with greens, kalamata olives and tomatoes. Or in a pita with sliced cucumber, tomatoes, kalamata olives and greens.

Tahini Sauce

Ingredients:

½ tsp tahini
½ cup Greek yogurt
¾ tsp garlic powder
3 tsp lemon juice

Add all ingredients to bowl and mix. Store in fridge until ready to serve.

Cucumber Sauce

Ingredients:

1 cup grated cucumber
1 small clove garlic
2 tbsp lemon juice
1 cup Greek yogurt
2 tsp dried dill
½ tsp salt
Black pepper to taste

Peel cucumber and grate it. Place in dish towel and squeeze out excess liquid.
Add all ingredients to bowl and stir together. Store in fridge until ready to use.