

Naturally Falafel Chickpea Patties

Ingredients:

* 1 Can      Chickpeas​
* 2              Garlic cloves, mined
* 1              Sm Onion, minced
* 3/4 C       Walnuts, chopped
* 1 1/2 T     Cilantro, chopped
* 1 1/2 t      Parsley, chopped
* 1 1/2 T     Curry Powder
* 1/2 t        Cumin
* 1 t            Coriander
* 1               Egg or egg replacement
* 2 T           Olive Oil

Directions:

1. Heat 2 tablespoon of olive oil in a large skillet over medium -high heat. Add onions and cook till tender, stirring frequently.

2. Combine the garbanzo beans (with liquid) and garlic in food processor. Blend until smooth and transfer to another bowl. Stir in the walnuts, onions, , cilantro, parsley, seasonings and egg. Mixing all ingredients thoroughly.

3. Add the remaining olive oil on medium heat. Form the falafel balls (it should fit in your palm). And fry for about 5 minutes, turning every few minutes until browned. Can also be used as Falafel Burgers; just "smush" them flat.

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| Yogurt Dipping Sauce: Yields 1 Cup | 1 cup plain coconut milk yogurt 1/2 tablespoon lemon zest 1 tablespoon freshly squeezed lemon juice 1 tablespoon freshly chopped cilantro leaves 2 teaspoons freshly chopped parsley leaves 1/2 teaspoon ground cumin Sea salt, as needed |

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| Toppings: | Sliced Red Onions, as needed |
|  | Sliced Tomatoes, as neeeded |
|  | Shredded Lettuce, as needed |