

Baked Falafel Balls

Makes 30-36

Ingredients:

1/2 cup bulgur wheat
1 cup boiling water
1 can (15 oz) garbanzo beans/chickpeas, drained and rinsed
2 garlic cloves, minced
3 Tbsp. chopped fresh Italian parsley
1 Tbsp. onion powder
1 tsp. ground cumin
1 tsp. ground coriander
2 Tbsp. whole wheat flour (or chickpea flour)
4 Tbsp. bread crumbs
1/4 tsp. fine sea salt
1 Tbsp. plant-based milk



Directions:

Preheat oven to 350F degrees.

In a small heat-safe bowl, add the bulgur and pour the cup of boiling water over it. Cover with plastic wrap and allow to sit until softened and water is absorbed.

Meanwhile, add the remaining ingredients (except for the garbanzo beans) into a large food processor and process until well-mixed. Once you have a uniform mixture, add in the garbanzo beans and process until a paste-like mixture forms.

In a large bowl, mix the paste with the cooked bulgur by hand using a wooden spoon or spatula.

Form balls from the mixture that are each about a tablespoon in volume. Place each ball on a parchment paper-lined baking sheet. The falafel balls will not expand while baking so they only need to be spaced 1/2" - 1" apart.

Spray lightly with cooking oil spray if desired (I skip this step and they still bake up wonderfully!) and bake on a middle rack in the oven for 30 minutes before checking and turning. Bake for another 10 minutes or until desired tenderness. The longer you bake, the more dry they will get inside- and about 40-45 minutes total baking time seems ideal.

To Make Patties Instead: Add 2 Tbsp. flaxseed meal that has been pre-soaked in 1/4 cup water in with the garbanzo beans. While stirring cooked bulgur in, also stir in 3 Tbsp. uncooked rolled oats. Makes 6 bun-sized patties, or if you want them thicker, 4 patties. Serve with lettuce, cucumbers, tomatoes, sprouts (if desired) and tzatziki sauce on a whole wheat bun.

About the recipe...

This recipe is amazing served Greek-style; place a few falafel inside of a pita and stuff some cucumber and tomato slices in there as well. Drizzle with a tzatziki sauce of your choosing (vegan version available on the site) and plate it next to some fresh tabbouleh salad!