

Beans, Rice And Everything Nice

Baked Falafel with Lemon Tahini Sauce



original recipe by beansriceeverythingnice.weebly.com

Baked Falafel

makes about 20 falafels

1 cup dry chickpeas, sorted, washed, and soaked 8-10 hours

1 cup leftover cooked grain, such as brown rice, quinoa, millet

1/4 of a small yellow onion, coarsely chopped

2 cloves garlic, coarsely chopped

1 teaspoon ground cumin or 1/2 teaspoon each ground cumin and **garam masala**

1 teaspoon smoked paprika

1/3 cup each leaves and tender stems of parsley, cilantro, and mint

1. Sort, wash, and soak the chickpeas in about 4 cups of water for 8-10 hours or overnight.
2. Preheat the oven to 190°C (375°F). Line a baking sheet with parchment paper or a silicone baking mat.
3. Drain and rinse the soaked chickpeas and add to a food processor along with the leftover cooked grain, onion, garlic, cumin and smoked paprika. Process until the chickpeas are ground to a coarse meal. The mixture should form a ball when squeezed.
4. Add the parsley, cilantro, and mint, and process until the greens are chopped and evenly distributed throughout.
5. Using a tablespoon, scoop out about 2 Tablespoons of the mixture and form into a ball. Flatten the ball slightly and place on the prepared baking sheet. Place each flattened ball about 2.5 cm (1 inch) apart on the baking sheet. Continue until all the mixture has been used. You may need to bake them in two batches. I can get about 15 falafels on one sheet. Bake in the oven for 10 minutes, flip, and bake for another 8 minutes.
6. While the falafels are baking, make the lemon tahini sauce.