



## INGREDIENTS

- (3) 15 Ounce Cans Chickpeas (rinsed and drained)
- 1 Cup Fresh Parsley
- 1 Cup Fresh Cilantro
- 1 Cup Red Onion (diced)
- 8 Garlic Cloves (peeled)
- 1 Green Chili Pepper
- 2 Teaspoons Salt
- 1 Teaspoon Pepper
- 1 Tablespoon Cumin Powder
- 1 Tablespoon Coriander Powder
- 1 Teaspoon Baking Powder

## DIRECTIONS

1. Add the chickpeas, parsley, cilantro, onion, jalapeño, salt, pepper, cumin and coriander in your food processor or blender and blend until the mixture is well combined, about 45 seconds to a minute.
2. Transfer the falafel mixture to a bowl, stir in baking powder, and mix well. Cover it with cling wrap and refrigerate at least one hour, or until you are ready to cook.
3. Preheat the oven to 400° and line a large baking sheet with parchment paper.
4. Scoop out about 4 tablespoons of the mixture at a time. Shape into small patties. Do not pack them too tight, or your falafel will be dense. If they're not holding together, give the mixture a few more pulses in the food processor.
5. Place the falafel on the baking sheet and drizzle generously with olive oil. Bake for 15 minutes. Flip and bake for an additional 10 to 12, or until golden brown. Serve hot.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

15 Patties

## PORTION SIZES

**Toddler:** 1 Patty  
**Preschool:** 1½ Patties  
**School Age:** 2 Patties  
**Adult:** 2 Patties