

chickpea patties

Ingredients

1 15-oz. can chickpeas
¼ cup fresh parsley, chopped
2 cloves garlic, minced
1 Tbsp. lemon juice
1 egg
½ tsp. salt
½ tsp. ground cumin
½ tsp. ground coriander
¼ tsp. ground turmeric
¼ cup flour
⅔ tsp. baking powder
2-3 Tbsp. vegetable or canola oil
Additional flour for dredging

Instructions

1. In a food processor, combine chickpeas, parsley, garlic, lemon juice, egg, salt, cumin, coriander and turmeric.
2. Pulse for about a minute until mixture is well combined.
3. Transfer mixture to a large bowl and mix in flour and baking powder.
4. Chill mixture in the fridge for at least 15 minutes.
5. In a large pan, heat oil over medium heat. Make sure to add enough oil that the pan is fully covered in a thin layer of oil.
6. Put about ⅓ cup of flour on a large plate to dredge the falafel patties.
7. Form the falafel patties by taking about ¼ cup of the falafel mixture at a time and rolling it into a ball. Then press the ball between your hands to form a patty.
8. Gently press each side of the patty into the flour.
9. Add each patty to the hot pan carefully as some hot oil might splash around. Fry patties for 2 - 3 minutes on each side, until the outside is golden and crispy.
10. Once cool, serve with Tzatziki or your sauce of choice.
11. Enjoy!



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