

# Chickpea & Split Pea Falafels

## INGREDIENTS

- 3/4 cup dried chickpeas (garbanzo beans)
- 1/4 cup dried yellow or green split peas
- 1/2 large onion, roughly chopped
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon salt
- 1/2 teaspoon dried hot red pepper
- 2 cloves of garlic, peeled and chopped
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon baking powder
- 4-6 tablespoons flour
- olive oil
- Pita bread

SERVINGS: 24  
TIME: 35 MIN, PLUS  
SOAK TIME



url: [soupaddict.com](http://soupaddict.com)



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## PROCEDURE

1. Soak chickpeas in cold water overnight or for 8 hours; drain.
2. Soak split peas in water for an hour before preparation.
3. Combine drained chickpeas and split peas in a food processor with onions, parsley, cilantro, salt, hot pepper, garlic, cumin, and coriander; pulse until coarse.
4. Add baking powder and flour gradually until the mixture forms a slightly sticky dough; refrigerate covered for several hours.
5. Preheat your oven to 375°F. Line a baking sheet with parchment paper.
6. Take the chilled falafel mixture out of the refrigerator and form it into walnut-sized balls. Place them on the prepared baking sheet.
7. Lightly brush the tops of the falafel balls with olive oil.
8. Bake for 25-30 minutes, or until the falafels are golden brown and cooked through, flipping them halfway through the baking time for even cooking.
9. Once baked, let falafels cool slightly before serving.
10. Serve falafel balls in pita pockets with preferred sauce (tzatziki is particularly nice) and chopped vegetables.



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