# Chickpea & Split Pea Falafels

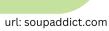
## **INGREDIENTS**

- 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



foodbank

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url: 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 walnutsized 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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