

Za'atar Falafel

Ingredients

2 cups chickpeas, soaked and drained
2 Tbs za'atar seasoning
1 cup chopped red onion
1 cup fresh cilantro
1 cup fresh parsley
8 cloves garlic
3 Tbs tahini
3 Tbs chickpea flour
3 Tbs ground flaxseed
Zest of one lemon
Salt to taste
Avocado oil for pan frying



Serves 4



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These flavorful falafel are jam packed with phytochemicals, dietary fiber and plant protein. The recipe itself is gluten-free and vegan, perfect for entertaining your plant-based friends.

1. Add chickpeas, za'atar, onion, fresh herbs and garlic in food processor. Pulse until the consistency of sand, not puree.
2. Add tahini, chickpea flour, ground flaxseed and lemon zest, pulse to combine. Mixture should mostly hold together if pressed with spoon. If too crumbly, add 1 Tbs each tahini, chickpea flour and ground flaxseed.
3. Refrigerate mixture for 15-30 minutes.
4. Add avocado oil to a shallow pan until just coating bottom. When oil is hot, make flattened meatball sized patties, add to pan.
5. Pan fry 2 minutes on each side until golden brown. Transfer to paper towel covered plate. Enjoy with a yogurt and cucumber sauce or tahini

Tip: These can also be baked or cooked in an air fryer.