

Vegan Falafel (Inauthentic)

Prep Time: 15 minutes

Cook Time: 30 minutes or until golden brown

Cuisine: Middle Eastern/Mediterranean

Difficulty: Medium

INGREDIENTS:

- 2 cans of garbanzo beans.
- 1/4 - 1/2 red or yellow onion.
- 1/4 bunch of fresh parsley (about a small handful).
- 1/4 bunch of fresh cilantro (about a small handful).
- 4 teaspoons of minced garlic.
- 1 teaspoon salt.
- 1/2 teaspoon cayenne.
- 1 teaspoon cumin.
- 1 teaspoon chili powder (or [Mediterranean seasoning blend](#)).
- 1/2 teaspoon baking powder.
- 1 teaspoon lemon juice (optional).
- 1/4 cup all-purpose flour.
- 1/4 cup vegan friendly bread crumbs (or sub more flour).
- 1-2 tablespoons oil (olive, avocado, vegetable, etc.).

DIRECTIONS:

- Roughly chop the onion and fresh herbs. Drain the chickpeas and dry them with a towel.
- Transfer the chickpeas, herbs, onion, lemon juice, and spices into a [food processor](#) or [blender](#) and pulse until everything is well mixed.
- Transfer the mixture into a [bowl](#) and add the baking powder, flour, and bread crumbs. Mix until everything is well-incorporated. The mixture shouldn't be sticky, but it also shouldn't be crumbly.

- Form into 12 disks or balls and if you have time, chill them for about 30 minutes.
- While they are chilling, preheat the oven to 375 degrees Fahrenheit. Place patties onto a greased/parchment lined [baking sheet](#) and bake for 15 minutes on each side or until browned. Or you can [pan fry](#) the patties over medium heat, using a few tablespoons of a [neutral cooking oil](#).

ADDITIONAL NOTES:

- I served this in a pita with [tahini](#), lettuce, and onions.
- Chickpeas and garbanzo beans are interchangeable terms. You can use fava beans if you have them and fava beans would also make it more authentic.
- To make this gluten free, sub all-purpose flour for a non-wheat flour.
- I haven't made this using dried herbs, so I can't recommend substituting dried cilantro or parsley.
- For a low fat option - bake the patties in the oven, like instructed above. I think they taste about the same either way. Even if you pan-fried them, I would still consider this a healthy recipe.