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Falafel Balls - Chow Vegan adapted

Submitted By: jbcorcor On Jul 17, 2011

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Chow Vegan recipe (<http://chowvegan.com/2009/01/06/baked-falafel/>), adapted for baking and light frying.

Prep Time: **15 minutes** Serves: **14**
Cooking Time: **25 minutes** Yield **14 falafel ball**

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INGREDIENTS

1 3/4 cups Garbanzos Chick Peas

1 medium Yellow Onion

4 Raw Clove

3 tbsp Parsley

1 tbsp Cilantro

1 tsp Lemon Juice Raw

2 tbsp Olive Oil

1 tsp Ground Coriander Seed

1 tsp Ground Cumin

1/2 tsp Red Pepper Flakes

2 tbsp All-purpose White Flour

1 tsp Baking Powder

1/8 tsp Salt

1/4 tsp Ground Black Pepper

Nutrition Facts

Serving Size: 1 falafel ball	
Amount per Serving	
Calories 55	Calories from Fat 22.3
% Daily Value *	
Total Fat 2.48g	3%
Saturated Fat 0.28g	1%
Cholesterol 0mg	0%
Sodium 176.53mg	7%
Total Carbohydrate 7.35g	2%
Dietary Fiber 1.55g	6%
Sugars 0.51g	
Protein 1.81g	3%
Est. Percent of Calories from:	
Fat	38%
Carbs	53%
Protein	13%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Is this nutritional information correct?
Suggest Changes.

Nutrition Profile

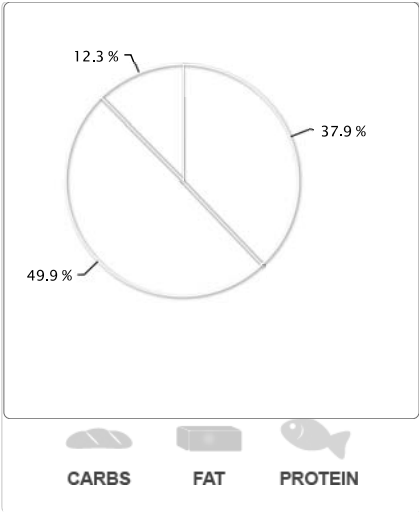
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DIRECTIONS

1. Preheat oven to 375 degrees.
2. Drain and rinse the garbanzo beans. Put in a medium sized bowl and smash with a fork.
3. Add the rest of the ingredients (only 1 tsp of the olive oil) and mix well.
4. Form into small balls, about 1 1/2" in diameter and slightly flatten. Place onto an oiled baking pan.
5. Bake for 15 minutes on 1 side, until nicely browned (since it's baked, only the part actually touching the pan will be browned and crispy).
6. Move the falafels to an oiled frying pan (with the other side facing down) over medium heat, continue cooking until browned on both sides.

Serve with mini pita pockets, hummus, tzatziki sauce, tomatoes, lettuce and/or cucumber.



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Main Dish

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- Beer Bread - Italian Style
- Tomatoes and Cucumbers with Oil, Balsamic Vinegar and Pepper
- Light Alfredo Sauce - Best Light Recipe from America's Test Kitchen
- Ultimate Mini-Veggie Burger from 101Cookbooks
- Chickpea Burgers & Tahini Sauce - EatingWell Recipe w/o Pitas
- Apple, Almond, And Smoked Mozzarella Farro Salad
- Pumpkin Turkey Chili from SeriousEats
- Smoky Chipotle Vegetarian Bowl
- Peanut Sauce from EatLiveRun

Summer Squash Ribbons - TheKitchn.com Recipe

Warm Chickpea Salad with Cumin & Garlic - TheKitchn.com Recipe

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Ratatouille from the Unger Garden

Red Curry Veggie Stir Fry over Quinoa

Simple Summer Squash Soup - TheKitchn

Zucchini Pizza - Eat Live Run recipe modified

Channa Tikka Masala - SkinnyTaste Recipe Modified (1/2)

Fiesta Summer Mix

Baingan Bharta - Eat Live Run Recipe

Honeydew Cucumber Cocktail

Chickpea, Mango and Cucumber Salad - Eat Live Run Recipe

Roasted Beet and Goat Cheese Quinoa

Beet Risotto with Goat Cheese

Carnitas (Mexican pulled pork) - America's Test Kitchen

Cauliflower Pizza Dough

Channa Tikka Masala - SkinnyTaste Recipe Modified

Butterfinger Brownies - RecipeGirl

Chicken Tikka Masala - SkinnyTaste Recipe

Chilaquiles Casserole - Eating Well updated

Cinnamon Sugar Tortilla - Cream Cheese

Cinnamon Sugar Tortilla - Butter

BBQ Chicken Enchiladas - howsweeteats.com

Tuna Salad w Light Mayo & Yogurt

Steak & Egg Frittata

BBQ Chicken Pizza w Asparagus & Spinach

Polenta Pizza - Real Simple Recipe

Lemon Dressing for Italian Lentil Salad

Italian Lentil Salad (Giada's) wo dressing

Cuban Black Bean Soup - Get Cooking Recipe

Chicken Corn Chowder - Weight Watchers

Quinoa Mac and Cheese
Creamy Gorgonzola Salad Dressing
Blueberry soda
Frittata - spinach, sundried tomatoes, etc
Chicken Tamale Casserole - Cooking Light
WW Pasta w Asparagus and Chicken
Tuna Salad w Light Mayo
Butternut Squash Risotto w Sage - Light
Slow Cooker Chicken Pineapple
Pear and Red Onion Gratin
WW Pizza with Sausage and Asparagus
Coq au vin (Alton Brown)
Black Bean Stew and sherried corn (semi-homemade)
Best Light Cream of Broccoli Soup
Pumpkin & Ricotta Casserole
Rice, Clementine and Dried Cranberry Salad
Black Bean Lunch
Clementine Cake (Smitten Kitchen)
Pear and blue cheese flatbread
Pasta with broccoli
Skillet Macaroni and Cheese (Best 30 min recipe)
Enchilada Soup (Sandra Lee)
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