

Baked Falafel Wrap

Ingredients:

- 1 16oz can chickpeas, drained and rinsed
- 1 small yellow onion, chopped
- 2 teaspoons minced garlic
- 1/2 bunch fresh parsley
- 1/4 bunch fresh cilantro
- 1 tablespoon cumin
- 1/4 teaspoon red pepper flakes
- Juice of 1/2 lemon
- 3/4 cups chickpea flour
- 2 tablespoons tahini
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions:

1. Heat oven to 400 degrees.
2. Add chickpeas, onion, and garlic into the food processor. Pulse until broken down, but not completely smooth.
3. Add herbs, spices, and lemon. Pulse.
4. Add flour and tahini, pulse until smooth.
5. Form small patties on a parchment paper lined cookie sheet, about 2 tablespoons to each patty.
6. Spray the top of the falafel with cooking spray so they become golden brown, without adding additional oil)
7. Bake for 18 minutes, flip, bake another 10 minutes.
8. This recipe makes about 17-18 falafel patties at 49 calories (for 17) each!