

# Oven-Baked Falafel



Crispy on the outside and filled with bold herbs and spices, this oven-baked falafel and yogurt topping will be your new favorite mealtime duo.

190

Calories

14 g

Protein

18 g

Carbs

6.5 g

Fat

4.5 g

Fiber

395 mg

Sodium

## Ingredients:

### Falafel Ingredients:

- 4 scoops Instant Soup Chicken and Vegetables Flavor
- 1 15.5-ounce can “no salt added” garbanzos, rinsed and drained (about 1¼ cup cooked garbanzos)
- 1 egg
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 TBSP chopped, fresh mint or 1 tsp. dried mint
- 1 TBSP fresh cilantro or parsley
- ¼ tsp. cayenne pepper
- 1 TBSP lemon juice
- 1 TBSP olive oil

### Yogurt Topping Ingredients:

- ¼ cup plain nonfat or low-fat Greek-style yogurt
- ½ clove garlic, finely minced or grated (or 1/8 tsp. garlic powder)
- 1 tsp. lemon juice
- ¼ tsp. dried dill
- Salt and pepper to taste

## Instructions:

Preheat oven to 400 degrees Fahrenheit and line a baking sheet with parchment paper.

Combine all falafel ingredients in the food processor and pulse until mixture holds together but still has texture; do not process until perfectly smooth.

Make 12 falafel patties: Scooping up a scant 2 TSBP of mixture at a time, shape mixture into balls and then flatten the balls into patties about 1½ inches in diameter. Place on prepared baking tray.

Bake for 20 minutes until patties are lightly browned on the underside.

For yogurt topping, combine all ingredients in a small bowl, adding salt and pepper to taste.

Serve falafel warm, with yogurt topping spooned on top.

**Makes 4 servings | Serving size is 3 patties with sauce**