

Easy Falafel

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About this recipe: Falafel is a plant-based food that is found throughout the Middle East and in parts of the Mediterranean. It is typically made from ground broad beans or chickpeas and formed into the shape of a ball or a puck. Instead of using dried, soaked chickpeas and a food processor to make the falafel, this version uses canned chickpeas to make this a quick and relatively simple food to prepare. Less equipment to clean! Vegan friendly, it provides a variety of phytochemicals and is a source of minimally processed plant-based protein. This is a recipe that aligns with many of the guidelines for cancer prevention set out by the American Institute for Cancer Research, therefore it would also be perfect for the cancer survivor.

Can help with side effects: Packed with fiber, this falafel can help with constipation.

Servings: 4 servings (Makes about 12 falafel)

Serving Size: 3 falafels

Ingredients:

- **2 15 oz cans of chickpeas, rinsed and drained**
- **4 cloves of garlic, minced**
- **¼ cup onions, finely chopped**
- **1 tbsp ground flaxseed**
- **3 tbsp water**
- **¼ cup all-purpose flour**
- **¼ cup of Italian flat leaf parsley**
- **1 ½ tsp ground cumin**
- **¼ tsp salt**
- **¼ cup olive oil**

Instructions:

1. Make a flaxseed egg by mixing ground flaxseed with water and set aside to form a gel for about 3 to 5 minutes.
2. Combine chickpeas, garlic, onion, flour, parsley, spices, and flaxseed egg.
3. Using your hands, fork, or a potato masher, mash the mixture for about 3 minutes.
4. Heat the oil in a frying pan just below medium heat.
5. While the oil is heating, form the mixture into small puck shaped patties. If you find shaping the mixture difficult, you may need to mash it more.
6. Cook the patties in the hot oil for about 5 minutes per side or until golden brown.
7. Remove falafel from the pan and place on a plate lined with paper towels to remove the excess oil.
8. Enjoy with pita bread, hummus, tzatziki, on a salad, or on their own.

Per serving: 250 calories, 4 g protein, 11 g carbs/3 g fiber, 21 g fat