

# Baked Lentil Falafel

**GF** **NF** **SF** **30**

Nonstick cooking spray

1 (15-ounce) can lentils, rinsed  
and drained

¼ cup flax meal

3 garlic cloves, minced

½ cup chopped fresh parsley

Juice of ½ lemon

1¼ teaspoons ground cumin

½ teaspoon sea salt

½ teaspoon black pepper

SERVES 4 • PREP TIME: 10 MINUTES • COOK TIME: 20 MINUTES

Falafel is traditionally made with chickpeas, but I have used all sorts of beans for this recipe. Now it's time for a lentil version. After all the variations I have made over the years, I always come back to this one, and it remains my favorite. I hope you enjoy it, too.

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper and spray with nonstick cooking spray.
2. In a large bowl, combine all the ingredients. Mix well to combine and mash the mixture against the sides of the bowl with your spoon to create a doughy texture.
3. Form each falafel ball using 1 heaping tablespoon of dough. Place the balls on the prepared baking sheet and slightly flatten each ball into a disk. Spray the tops with nonstick cooking spray.
4. Bake for 10 minutes, flip, and bake for 10 more minutes, or until crispy.

## VARIATIONS

**FALAFEL PITA:** Stuff a whole-wheat pita with shredded romaine, chopped olives, chopped tomato, falafel, and hummus. Drizzle with sriracha, if desired.

**FALAFEL SALAD:** Create a bowl with spinach, Quinoa and Broccoli Tabbouleh (page 100), falafel, chopped tomatoes, and chopped olives. Add Fast Feta (page 225) for a robust flavor profile.

**TIP:** If you prefer the traditional falafel made with chickpeas, use 1 (15-ounce) can chickpeas, rinsed, drained, and mashed.