



Recipe

QUINOA FALAFEL

Ingredients

Makes 24 Falafel

- 1/2 cup cooked quinoa, cooled
- 1 medium carrot, cut in large chunks
- 6 scallions, sliced
- 1 - 15oz can cannellini beans, drained and rinsed
- 1/4 cup plain dried breadcrumbs
- 1 large egg, lightly beaten
- 3 tablespoon ground cumin
- Fine sea salt
- Black pepper
- 5 tablespoons olive oil
- 1/2 cup plain whole milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 2 tablespoon ground cumin

Directions

1. Pre-heat oven to 350F. Line a baking sheet with foil/parchment and brush with olive oil.
2. In a food processor, pulse carrot until finely chopped. Add quinoa, scallions, beans, breadcrumbs, egg, cumin, 2 tablespoons olive oil, 1 teaspoon salt, and 1/4 teaspoon pepper; pulse until combined but still slightly chunky.
3. Form mixture into 1 inch balls. Oil hands well to prevent mixture from sticking. If mixture feel too soft, refrigerate to firm up and continue. Refrigerate falafel before cooking to firm up.
4. Brush falafel with olive oil and bake until golden brown, apx 15 mins for this size, BUT please keep a close eye as every oven is different and temperatures vary. Alternatively, you can fry the falafel for a crunchier exterior. Heat about 1/2 cup of vegetable oil and fry 3 or 4 falafels at a time for 2-3 minutes until golden brown
5. Meanwhile, in a small bowl, combine yogurt, lemon juice, 2 tablespoons olive oil, and; season with 1/2 teaspoon salt and black pepper to taste. After combining as indicated above, taste, if needed adjust by adding more cumin, lemon and/or olive oil