

# ☆ Falafel with Canned Chickpeas

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**Prep:** 20m   **Cook:** 10m   **Total:** 30m

Yield: 12 patties

Dinner



## Ingredients

- 1½ (15 ounce) cans chickpeas, drained
- 1½ eaches onions, chopped
- ¾ cup chopped fresh parsley
- 3 cloves garlic, chopped
- 2 large eggs eggs
- 1 tablespoon ground cumin
- 1½ teaspoons ground coriander
- 1½ teaspoons salt
- 1½ teaspoons lemon juice
- 1½ teaspoons baking powder
- 1 pinch ground black pepper, or to taste
- 1 pinch cayenne pepper, or to taste
- 1½ cups bread crumbs
- 1 tablespoon olive oil, or as needed

## Instructions

1. Mash chickpeas in a bowl using a masher. Combine mashed chickpeas, onions, parsley, and garlic in a blender and blend until smooth.
2. Mix eggs, cumin, coriander, salt, lemon juice, baking powder, black pepper, and cayenne together in a bowl. Add chickpea mixture and mix together. Add bread crumbs slowly and combine using your hands until mixture isn't sticky, but will hold together when frying.
3. Heat oil over medium-high heat in a skillet. Form mixture into about 12 patties about as wide as the palm of your hand. Fry patties in the hot oil until browned, 3 to 4 minutes per side.