

EDAMAME & QUINOA FALAFEL

NUTRITION FACTS

Serving size: 5 oz falafel, 1 pita, 1 oz harissa sauce; Amount per serving:
Calories 323, Protein 18g, Carb. 55g, Fiber 13g, Fat 12g, Sodium 714mg

INGREDIENTS

Falafel

- ½ c shelled edamame
- 12 oz canned garbanzo beans, drained
- 1 c cooked quinoa
- 2 tsp olive oil
- ½ small yellow onion, diced
- 2 garlic cloves, chopped
- 2 T fresh cilantro, chopped
- 2 T fresh parsley, chopped
- ½ c chickpea flour
- 2 tsp curry powder
- 1 tsp cumin
- 1 tsp ground coriander
- 2 T low sodium vegetable broth

Harissa sauce

- 12 oz piquillo peppers
- .5 oz harissa hot sauce
- 2 garlic cloves
- ½ fresh lemon, juiced
- 1 T olive oil

DIRECTIONS

1. Preheat oven to 425°.
2. Place edamame and chickpeas into a food processor or blender and pulse.
3. In a sauté pan, heat the oil.
4. Add onions, garlic, and dry spices, and sauté.
5. In a separate bowl, mix together the remaining ingredients, excluding ingredients for the harissa sauce.
6. Add the pulsed edamame and chickpeas, sautéed onions, garlic and spices, and mix.
7. Spray a sheet pan with olive oil.
8. Using a 4-oz ice cream scoop, mold the falafel into balls and place them on the pan.
9. Spray the top of the falafel with olive oil.
10. Bake falafels for 15 minutes.
11. For harissa sauce, place all ingredients in a blender and blend until smooth.
12. Serve falafel with harissa sauce, lettuce, and a warm whole wheat pita.

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