

BAKED BLACK BEAN FALAFEL

Makes 12 Falafel **Per Falafel** **Calories:** 60 **Carbs:** 9.9 g **Protein:** 2.9 g **Fat:** 1.1 g

INGREDIENTS

- 1 cup cooked and cooled quinoa (make sure it's cooked and completely cooled before using)
- 1 can black beans (rinsed, drained, dried)
- 1/4 cup pumpkin seeds (raw or roasted)
- 5 cloves garlic (skin removed and crushed)
- 1/2 tsp sea salt, plus more to taste
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 2 Tbsp tomato paste
- 2 Tbsp Soy Sauce
- Optional 1 chipotle pepper in adobo sauce (omit for less spicy falafel)

DIRECTIONS

1. Preheat oven to 180 C then add rinsed, dried black beans to a parchment-lined baking sheet. Bake for 15 minutes or until beans appear cracked and feel dry to the touch
2. Remove beans from the oven and then increase oven heat to 190C.
3. Add black beans to a food processor along with pumpkin seeds and garlic and pulse into a loose meal. Then add cooked/cooled quinoa, salt, cumin, coriander, tomato paste, soy sauce, chipotle pepper. Blend to combine until a textured dough forms (you're not looking for a purée).
4. Taste and adjust flavour as needed, adding more soy for saltiness/depth of flavour, adobo sauce for heat, cumin for smokiness, or salt for overall flavour
5. Scoop out in 1 1/2 Tbsp amounts and gently form into small discs using your hands. Place falafel on to a parchment-lined baking sheet.
6. Bake for 15 minutes. Then flip to ensure even baking and bake for 10-15 minutes more or until golden brown and crispy on the edges.
7. These falafels are delicious with hummus or tahini sauce.
8. Store leftovers covered in the refrigerator up to 3-4 days. To freeze, either freeze once baked and cooled OR before baking. Then add to a freezer-safe container and freeze up to 1 month. Reheat in a 190 C oven until warmed through

No black beans you could sub chickpeas or green peas (skip baking in the oven)