



Baked Lentil Falafels



4 servings



30 minutes

INGREDIENTS

2 cups lentils, cooked
1 cup fresh parsley
2 cloves garlic
juice of 1 lemon
2 tbsp. all-purpose flour
1 ½ tbsp. olive oil
1 tsp. salt

DIRECTIONS

1. Preheat the oven to 350°F. Pulse all the ingredients (except the flour) in a food processor until well combined. The mixture will look like semi-dry crumbs and should hold together when pressed.
2. Stir in the flour, and then form the mixture into patties, using a large tablespoon for each falafel.
3. Place on a baking sheet and bake in the oven for 18–20 minutes.
4. Serve warm or cold in salads, sandwiches, poke bowls, or with dips. Can be stored in the refrigerator for 2–3 days.