



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.