

Falafel – FareStart recipe

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Garbanzo beans^s , cooked	6 lb. 4 oz. (approx 52 cup)	12 lb. 8 oz. (approx 104 cup)	3 lb. 2 oz. (approx 26 cup)	<ol style="list-style-type: none"> 1. Preheat oven at 400°F 2. Drain and rinse garbanzo beans 3. Grind beans, garlic, and onions in a food processor 4. Add parsley and cumin and mix thoroughly 5. Scoop and roll into 1 ounce balls. 6. Flatten balls into patties and lay flat on sheet pan. 7. Bake for 20 minutes. <p>❖ Serving Size: 2 oz (or two 1-oz patties)</p>
Onion, yellow, fresh^s , large, roughly chopped	5 ea	10 ea	2 ½ ea	
Garlic, fresh^s , roughly chopped	15 cloves	30 cloves	7 ½ cloves	
Parsley, fresh^s , finely chopped	2/3 cup	1 ¼ cup	⅓ cup	
Cumin, ground	⅓ cup	2/3 cup	2 ½ Tb	

§WA product available when in season

Approximate preparation time: 45 min. (if cooked beans are used)

Tips & Variations:

- Cooking Dried Garbanzo Beans: Rinse and soak beans overnight in a bowl with plenty of water. Cook with 4 part water – bring to a boil, reduce heat and cook for about 3 hours or until tender.



Falafel

Child Nutrition Program Food Components:

- ✓ ¼ cup meat alternates

Nutrients Per Serving:

Calories	103 kcal
% Calories from Fat	15 %
Total Fat	2 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	7 mg
Total Carbohydrates	17 g
Dietary Fiber	5 g
Sugar	3 g
Protein	5 g
Vitamin A (0 IU)	0 %
Vitamin C (< 1 mg)	4 %
Calcium	4 %
Iron	8 %

☝ **Garbanzo bean** or **chickpea** is an ancient crop that belongs to the legume family. It has been grown in Africa, the Middle East, and India for centuries and is eaten as a dry pulse or green vegetable. In the U.S. most **chickpea** is grown in California and the Pacific Northwest, and in WA, **chickpea** and other legumes are grown in eastern WA.

☝ **Chickpea** is a good source of dietary fiber, protein, zinc and folate.

☝ Storage Tip for Parsley: For short term storage, wrap **parsley** in a damp towel or place upright in a container with an inch of water and refrigerate. For longer term storage, you can chop up **parsley** and freeze.

Parsley can also be dried. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)*]

notes

