



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

March 14th, 2015 Cooking Class

Featuring

Buffalo Bill's Executive Chef

Andy Altomare

Falafel Waffles

Makes about 4 servings

Ingredients:

- 1 (15-ounce) can chickpeas, drained
- 1 onion, chopped
- 1/2 cup fresh parsley
- 2 cloves garlic, chopped
- 1 egg
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- Salt and pepper
- 1 pinch cayenne pepper
- 1 teaspoon lemon juice
- 1 teaspoon baking powder
- 1 Tablespoon olive oil
- 1 cup dry bread crumbs

Directions:

Mash chickpeas in a large bowl until they form a thick paste; set aside. In a food processor or blender, combine onion, parsley and garlic and process until smooth. Add to mashed chickpeas.

In another bowl, mix together egg, cumin, coriander, salt, pepper, cayenne, lemon juice, baking powder, and olive oil. Add to chickpea mixture and stir until combined. Slowly add breadcrumbs until the mixture is no longer sticky but still holds together.

Form heaping tablespoons into balls and place in the fridge until you're ready to cook. Heat up waffle iron, spray with a little cooking spray if your iron tends to stick, and cook falafels for a few minutes until lightly browned.

Nutrition Facts	
Serving Size: 1 serving (189.9g)	
Servings: about 4	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 660mg	28%
Total Carbohydrate 48g	16%
Dietary Fiber 7g	29%
Sugars 3g	
Protein 11g	
Vitamin A 15%	• Vitamin C 30%
Calcium 15%	• Iron 20%
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

