



SPOTLIGHT RECIPE

EGGPLANT AND GARBANZO BEANS FALAFEL WITH MEDITERRANEAN SALAD

While traditional falafel is made primarily of ground garbanzo beans (chickpeas) and herbs, modern variations incorporate roasted eggplant directly into the falafel mixture or serve it alongside as charred, seasoned rounds. Roasted eggplant adds a creamy texture that complements the crunch of the chickpeas.

SERVES 6



For ingredients and
cooking directions, please
scan the QR code.

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INGREDIENTS

- 2 large eggplants
- 1 tablespoon olive oil
- 1 teaspoon salt
- Two 15-ounce cans chickpeas
- 1 medium red onion, chopped
- 6 cloves garlic, minced
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons lemon juice
- 2 tablespoons tahini paste
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/2 teaspoon baking powder
- 1/2 cup chickpea flour

DIRECTIONS

Preheat the oven to 400 F.

Cut the eggplant lengthwise, toss with the olive oil and salt, and roast for 15 minutes until soft. Let it cool completely, and then remove from the skin.

In a food processor, pulse the chickpeas, roasted eggplant, onion, garlic, parsley, cilantro, lemon juice and tahini until a coarse, grainy paste forms. Do not overprocess. Transfer the mixture to a bowl. Stir in the cumin, coriander and baking powder. Add the flour in small amounts until the mixture is firm enough. Use a scoop to form the mixture into golf-ball-sized rounds and flatten them slightly. Add to a sheet pan and bake at 375 F for 10 to 15 minutes or until done.