



# Cheesy Falafel

I have tried making falafel, about 10 times prior to this. None, however, had that distinct taste that I really wanted in a falafel. Last night, my sister Norma sent me a recipe and as usual I recreated it as I do with all recipes I come across and that's why sometimes it just does not work, however, today was my lucky day. Yeah me!!!:-)

As you may know, nutritional yeast gives everything that cheesy taste you may be craving for and this is exactly what I did here!

I finally made the perfect falafel. This recipe is very quick and easy with the exception of leaving the chickpeas/garbanzo beans soak overnight.

Sorry!! It's fried! I will try baking a batch next time, but honestly to get that nice crisp taste I am sure frying is better. Heating up leftovers in the oven, was perfect as well.

Wait a minute! Guess what I have tried using canned chickpeas/garbanzo beans in some of my prior recipes and the consistency is not the same. Sorry, it just does not work! So I highly recommend not substituting for canned beans.

## **Ingredients**

1 cup dried chickpeas

1/2 medium yellow onion diced

3 cloves of garlic diced

3 Tbsp almond flour

1/3 cup walnut oil

3 Tbsp nutritional yeast

1 tsp Italian seasoning

1 – 1 1/2 Tbsp garlic salt

1 tsp black pepper

Oil for frying

## Directions

1. Put dried chickpeas in a bowl and cover with water and let sit overnight.
2. Drain and rinse the chickpeas
3. Transfer the chickpeas in a food processor with the onion, garlic, flour, and oil. When pulsing, stop to scrape the sides. Pulse until the chickpeas are not too visible. Do not pulse too long because you will be starting a base for hummus instead and we are not making that recipe.
4. Transfer falafel mixture in a bowl and add the nutritional yeast, Italian seasoning, and garlic salt and fluff with a fork.
5. While the oil is getting hot, wet your hands and roll the mixture to form balls
6. Fry the falafels about 2-3 minutes on each side or until golden brown.
7. Drain on a paper towel and serve warm.
8. Enjoy!

This recipe makes 14 falafels.



The consistency of the mixture



Falafel balls before frying