

CHICK-EN NUGGET FALAFEL

- 1 Can Chick-peas (Garbanzo Beans)
- ½ onion
- 1 clove garlic
- Parsley
- 1 tsp cumin
- 1 tsp salt
- Dash pepper
- 1 egg
- 1 TBL olive oil
- 1 tsp lemon juice
- 1 cup bread crumbs

Mash Beans

Use food processor for onion, garlic and parsley

Mix beans with onion mixture with a spoon

Mix seasonings, egg, oil, and lemon juice. Add to bean mixture.

Slowly fold in bread crumbs and combined until dough is easy to handle.

Use small layer of olive oil in a pan. Shape dough into chicken nuggets and cook on pan until browned. Cool and let dry on paper towel.



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