

delicious dish

Crispy Green Falafel

| Produce | Pantry | Tools & Prep | Meat/Fish/Chicken Freezer Dairy |
|---|---|--|---------------------------------|
| 1 cup parsley leaves 1 cup cilantro leaves 1 onion 2 cloves garlic 1 jalapeno | $\frac{2}{3}$ cup DRIED chickpeas salt ground cumin ground coriander sesame seeds baking soda oil for frying | Small Pot Cutting Board Food Processor Slotted Spoon PREP Soak dried chickpeas overnight in water, covered and refrigerated | |