Homemade Falafel

1 lb. 12 oz. Garbanzo beans (drained)
3/4 oz. Fresh parsley
1 T. 2 1/4 tsp. Minced garlic
1 T. 2 tsp. Ground cumin
2 1/2 tsp. Ground coriander
1 1/2 tsp. Salt
2 1/2 tsp. Baking powder
2 Eggs
2 T. 1 1/2 tsp. Olive oil
2 1/2 tsp. Lemon juice
2 3/4 oz. Fresh onion, finely chopped
5 oz. Bread crumbs

**METHOD OF PREPARATION:**

1. Drain garbanzo beans and blend in a blender with parsley and garlic.
2. Add cumin, coriander, salt, baking powder and blend until very fine.
3. Fine chop onions.
4. Mix in eggs, olive oil, lemon juice and onions. Add bread crumbs little at a time until you can shape the mixture into 1 1/2 inch balls.
5. Bake at 350 degrees for 10 minutes or until golden brown around edges.

SERVES: 20—1 oz. balls

MENU IDEA: Shape mixture into patties and serve inside pita for a sandwich.

NUTRITION: 100 Calories, 3 g Fat, 0.5 g Saturated Fat, 22 mg Cholesterol, 330 mg Sodium, 16 g Carbohydrate, 2 g Dietary Fiber, 3 g Protein

ALLERGENS: Eggs, Wheat