

Falafel Nuggets



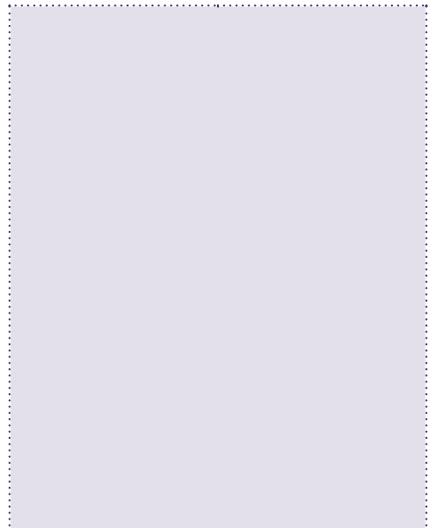
NUTRITION INFORMATION

SERVING SIZE: 3 pieces

Amount per Serving	
Calories	204 kcal
Protein	8.32 g
Carbohydrate	27.51 g
Total Fat	7.26 g
Saturated Fat	1.06 g
Cholesterol	18.60 mg
Vitamin A	171.84 IU
Vitamin C	3.18 mg
Iron	2.67 mg
Calcium	62.22 mg
Sodium	671.41 mg
Dietary Fiber	6.27 g

EQUIVALENTS: 3 pieces provide .25 oz equiv grain/bread and 1.5 oz equiv meat/meat alternate or 3/8 cup beans/legumes (but not both).

Recipe HACCP Process: #2 Same Day Service



Falafel Nuggets • 50 servings (3 pieces)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Vegetable oil	2½ oz	¾ cup + 3 Tblsp, divided	① Preheat convection oven to 350°F. Grease 3 full sheet pans with ¼ cup oil each.	<ul style="list-style-type: none"> • Serve with applesauce, Ranch dressing, applesauce spiced with garam masala, chutney or ketchup. • The back of a red handled, 2-oz spoodle works great for flattening the nuggets out, as the final diameter should be about as big as the spoodle bottom. • You will know it's time to flip and flatten the nuggets when they easily pull away from the sheet pan. If you try to move them and they still seem stuck, put them back in the oven for another 1 to 2 minutes and then try again. • You can use other vegetables, such as cabbage and cauliflower, in the recipe too. Just cook until tender before processing and adding to the chickpeas.
Spanish onion	1 lb		② Trim and peel onion. Cut into 1-inch pieces.	
Chopped celery (¼-inch pieces)		2 cups	③ Heat the remaining 3 tablespoons oil in a large skillet over low heat. Add the onions and cook, stirring occasionally, until beginning to melt into the oil, about 30 minutes. Add celery; increase heat to medium. Cook, stirring occasionally, until the celery is softened, 8 to 10 minutes. Transfer to a large bowl.	
Fresh parsley leaves	4 oz	1 cup	④ Pulse parsley in a food processor fitted with a steel blade until finely chopped. Add to the vegetable mixture.	
Chickpeas, canned, rinsed and drained		2 #10 cans	⑤ Working in batches of 4 to 6 cups, pulse chickpeas in the food processor until coarsely chopped (6 to 8 pulses per batch). Add to the vegetables.	
Eggs	8 oz	5 large	⑥ Whisk eggs, lemon juice and soy sauce in a small bowl.	
Lemon juice	3 oz	¼ cup		
Low-sodium soy sauce		¼ cup		
Enriched all-purpose flour	14 oz	1 quart + ½ cup		
Baking powder	1 oz	¼ cup	⑦ Add flour, baking powder, coriander, cumin, garlic powder, onion powder, salt and pepper to the chickpea mixture. Stir to thoroughly combine. Add the egg mixture and stir to combine. (Mixture will be the consistency of a thick dough.)	
Ground coriander	1 oz	¼ cup		
Ground cumin	1 oz	¼ cup		
Garlic powder	½ oz	2 Tblsp		
Onion powder	½ oz	2 Tblsp		
Kosher salt	1 oz	1 Tblsp		
Ground black pepper	½ oz	1 Tblsp		
⑧ Using a #30 scoop, place balls of falafel onto the prepared sheet pans. Bake until the bottoms are browned and crisp, 18 to 20 minutes. Flip the falafel and flatten with the back of a 2-oz spoodle. Bake until browned and crisp on the other side, 10 to 12 minutes more. Hold in a warming box for up to 2 hours before serving.				