

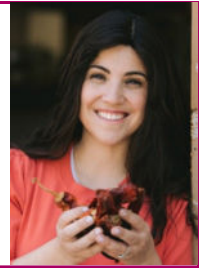


Easy Healthy Recipes from my Israeli Kitchen

with Danielle Renov @peaslovecarrots

Author of *Peas, Love & Carrots—The Cookbook*

April 12, 2021



Crispy Baked Falafel

8 cloves garlic

1 small onion

2 tsp fresh squeezed lemon juice

4 cups chickpeas soaked overnight in room temperature water, uncovered, drained (you'll need about **3 cups** dried chickpeas)

½ tsp cumin

1½ tsp paprika

2½ tsp kosher salt

1 tsp cracked black pepper

1 tsp baking powder

2 Tbsp olive oil

1 cup parsley leaves

½ cup cilantro leaves (optional)

¼ cup canola oil

I know, it's supposed to be fried. And I'm all for that. So, you can definitely go ahead and form the base mixture into balls and deep fry. It will work and be excellent. I wanted to try out baking them one day because a food that's inherently healthy should maybe stay that way. So, I did it, and it was delicious. Crispy on the outside, moist on the inside, and I got all the falafel feels I was looking for. The only thing is, if I was baking them, I wanted them to be as perfect as possible. Of course, that meant the flavor had to be on point, but also the whole eating experience. So, instead of creating balls, I created flat semicircular falafel patties, if you will, that fit in perfectly into half a pita. This way, you get crispy falafel in every bite!

Things to Serve with Your Falafel

Israeli salad | french fries
sumac pickled onions | fried eggplant
pickle salad | techina | amba
all the schugs

Preheat oven to 400°F / 200°C. Place a baking sheet into the oven to heat.

Meanwhile, add garlic, onion, and lemon juice to the bowl of a food processor fitted with the "S" blade. Pulse, scraping down sides often until puréed and everything is evenly mixed.

Add chickpeas, spices, baking powder, olive oil, and herbs.

Pulse until mixture is finely blended, but still somewhat coarse, scraping down sides occasionally.

Remove baking sheet from oven; coat baking sheet with ¼ cup canola oil so that falafel patties don't stick!

Take a small fistful of mixture (about ⅓ cup); form it into a half circle directly on the baking sheet (about 8 "falafels" will fit on the sheet).

Drizzle a very small amount of oil over the patties. Bake for 35 minutes.

Use a spatula to gently remove them from the baking sheet.

Stuff into pitas with whatever you like and enjoy.

Shuk Salad

4 Persian cucumbers, halved, deseeded, cut into half moons

1 purple onion, diced

10 heirloom cherry tomatoes, quartered

2 carrots, peeled, diced

1 red pepper, diced

1 orange pepper, diced

1 long green spicy pepper, minced

5 radishes, thinly sliced

½ cup freshly squeezed lime juice (from **6-8** limes)

3 Tbsp extra virgin olive oil

1½ tsp kosher salt

1 tsp coarsely ground black pepper

½ cup spiced nuts (see next page)

1 tsp sumac

Place all the vegetables into a large bowl.

Add lime juice, oil, salt, and pepper to the vegetables; stir to combine.

Mix in spiced nuts.

Sprinkle sumac over the top.

Serve and enjoy.

Walk through the shuk and stop at any cafe or sidewalk restaurant of any type, and any dish you order will mostly likely come with salad on the side. Usually it is served in a little bowl, made of whatever vegetables are abundant and crunchy in the market that day. It's always bright and fresh, always has cucumbers, onions, and tomatoes, and is always delicious. Each place will customize theirs and this is my favorite version.

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Spiced Nuts

- ½ cup** sunflower seeds
- ½ cup** sliced raw almonds
- ½ cup** pumpkin seeds
- ½ cup** pine nuts
- ¼ cup** sesame seeds
- 3 Tbsp** canola oil
- 2 tsp** paprika (or smoked paprika for fun!)
- 1 tsp** granulated garlic
- ½ tsp** granulated onion
- ¼ tsp** mustard powder

Preheat oven to 400°F / 200°C.

Place seeds and nuts onto a small baking sheet; mix to combine.
Drizzle with oil and sprinkle with spices.

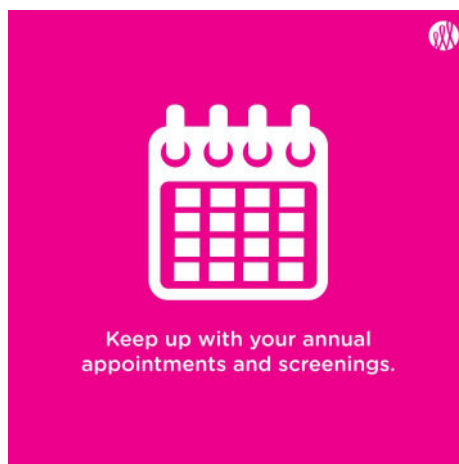
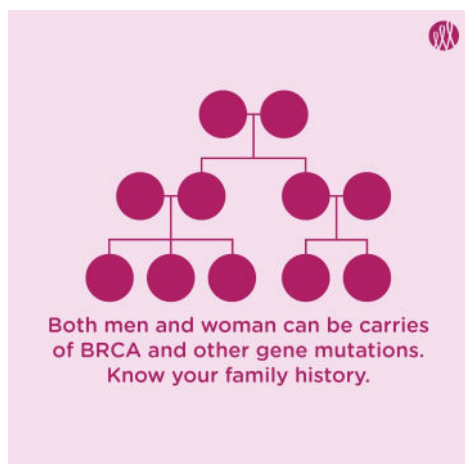
Mix everything well to combine.

(I like to put on disposable gloves and do this with my hands. I just find it easier.)

Bake for approximately 12 minutes, stirring every 4-5 minutes until seeds and nuts are nicely toasted.

Allow nuts to cool completely in the pan; transfer to an airtight container.

These nuts can stay fresh in your freezer for up to a month.



For more information about Sharsheret, visit sharsheret.org or call 866-474-2774.

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