

## Potato Falafel

### INGREDIENTS

- 1 can chickpeas
- 1/2c mashed [Strohauer Farms](#) russet potatoes
- 3 cloves garlic, mashed
- 1 [Strohauer Farms](#) shallot, roughly chopped
- 4TBS parsley, roughly chopped
- 2TBS dill, roughly chopped
- 1tsp cumin
- 1tsp coriander
- 1/2tsp sea salt
- 1 egg
- 4TBS oil
- 2TBS almond flour
- 2tsp baking powder
- 1 lemon, juiced

1. Preheat oven to 400°F.
2. Combine chickpeas, potatoes, garlic, shallots, parsley, dill, cumin, coriander, baking powder, almond flour, and sea salt in a food processor and pulse a few times until combined but not thoroughly mixed.
3. Add in egg and pulse until well combined—should turn into a dough consistency.
4. Scoop out a tablespoon of the mixture, roll into balls, and place onto a baking sheet lined with parchment paper. Gently press on the falafels so that they become mini patties, but careful not to press too hard so they don't get too thin.
5. Drizzle the falafel with 2TBS oil, reserve the other half, and place them in the oven for 10 minutes.
6. Remove falafel from oven, flip each patty to opposite side, and drizzle with remaining oil. Place in oven for another 10 minutes.
7. Remove from oven and serve with [Cucumber Yogurt Sauce](#) or [Hummus](#).