

BAHARAT CHICKPEA FRITTERS

YIELD: 50 2.2 oz. servings

Chef Ryan Eckles

If you've ever made falafel this recipe may seem familiar. These chickpea fritters call on the bold earthy tones from a Baharat spice blend and the brightness from fresh mint to create a unique flavor and aromas reminiscent of far-away souks and bazaars. These fritters go great with a side of rice pilaf and roasted vegetables or in a wrap and even by themselves with a simple yogurt dipping sauce.

INGREDIENTS

- 1 ¼ no. 10 cans chickpeas, drained and rinsed
- 3 onions, finely chopped
- 2 bunches of scallions, chopped
- ¾ cup cloves garlic, finely chopped
- ¼ cup Baharat
- 2 TBSP + 1 tsp ground coriander
- 1 to 1.5 cup AP flour
- 2 TBSP baking powder
- 1 cup fresh mint, chopped
- 2 TBSP smoked paprika
- Zest of 4 lemon
- 1 TBSP kosher salt
- 1 TBSP black pepper
- 2 quart plain low-fat Greek yogurt
- ½ cup Sriracha sauce
- 1 ½ cup lemon juice

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Put chickpeas, onion, garlic, baharat, coriander, smoked paprika, and lemon zest in food processor. Pulse 3-5 times until the chickpeas are coarsely chopped.
3. Add flour and baking powder and pulse a few more times. Do not over process it, should have chunks.
4. Transfer the mixture to a bowl and stir in green onions, mint, salt, and pepper. Add more flour if mixture is wet.
5. Form golf ball sized spheres then flatten slightly. Oil both sides and place on parchment lined baking sheet.
6. Bake for 15 minutes then turn over and bake for an additional 10 minutes until fritters are firm and golden on both sides.
7. For yogurt sauce: Combine yogurt, sriracha, and lemon juice until smooth. Refrigerate until service.

RECIPE NOTES - BAHARAT CHICKPEA FRITTERS

Recipe credits as 1 oz. M/MA per fritter

Nutritional information per serving*: 104 calories; 0.48 g sat. fat; 271.7 mg sodium; 17.4 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*