

CHICKPEA CILANTRO LIME FRITTERS



DIFFICULTY

INTERMEDIATE



TIME

35 MIN



SERVES

4-6

INGREDIENTS

2 cans garbanzo beans, rinsed, drained and rinsed (3 cups cooked)
3 Tbsp garbanzo bean liquid
1/2 teaspoon salt
2 tsp ground cumin
2 tsp smoked paprika
1 tsp ground coriander
1/4 teaspoon ground dried chipotle or chili flakes 2 TBSP
avocado or olive oil
1 tsp lime zest
1 tablespoon lime juice
1/4 cup chopped cilantro
1/4 cup thinly sliced green onions
1/3 cup oat flour (you can purchase oat flour or pulse rolled oats in a food processor or blender)

DIRECTIONS

1. Open 2 cans of chickpeas. Reserve 3 Tbsp of the bean liquid (otherwise known as aquafaba). You can discard the rest.
2. Pulse the garbanzo beans in a food processor or mash with a fork
3. Add the aquafaba, salt, cumin, smoke paprika, coriander, chipotle, 1 Tbsp oil, lime juice and lime zest and combine until incorporated. Add the cilantro, green onions and oat flour
4. Let the chickpea sit for 10 minutes or up to a day in advance so that the oat flour absorbs any of the extra liquid.
5. Using clean, damp hands; form into 24 each 3/4 inch high by 1 inch wide shapes
6. Add the remaining Tbsp of oil to the airfryer.

NUTRITION FACTS PER SERVING

Calories: 290 Fat: 9.1g (Saturated Fat: 1.5g) Carbohydrates: 39.5g Fiber: 15.4g Sugar: 1.1g Protein: 14.9g



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