

Cannellini Bean Falafel

Yield x1

About 24 ea.

<u>Quantity</u>	<u>Ingredients</u>
Herb Mix	
1 TBSP	Mint, chopped
1 TBSP	Oregano, chopped
1 TBSP	Dill, chopped
4 TBSP	Parsley, chopped
Cannellini Meatballs	
3.5 cups	Cannellini Beans - Drained, rinsed
1/2 cup	Onion - diced
1.5 cups	Spinach
1/4 cup	Tomato Paste
3/4 cup	Panko Breadcrumb
3 TBSP	Herb Mix
1 tsp	Garlic Powder
3 TBSP	Olive Oil
3/4 tsp	Salt
3/4 cup	Lentils - cooked

Procedure

Chop ingredients for Herb Mix and hold aside in bowl for later use.

In a food processor, combine all ingredients except Lentils and pulse until combined. Do not over process into a paste. Mixture should be roughly chopped.

Work in batches when using food processor to not overload the bowl.

Fold Lentils into bean mixture combining all ingredients together. Form into 1 oz balls. Hold cold until ready to cook.

Bake at 400°F for about 20 minutes. Ensure they are heated thoroughly adding more time as necessary.