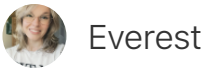



Mediterranean Chickpea Fritters: A Golden Bite of Ancient Goodness




Offering a crispy exterior, a soft herb-packed interior, and satisfying flavor, these Mediterranean Chickpea Fritters bring centuries of tradition right to your kitchen. If you’re aiming for more plant-based meal options or want a new go-to for lunch, chickpea fritters are the answer.




PREP TIME

15 mins



COOK TIME

10 mins



TOTAL TIME

25 mins

SERVINGS

4 people

CALORIES

230 kcal

INGREDIENTS

- 1 can chickpeas drained and rinsed
- 1/4 cup red onion finely chopped
- 2 cloves garlic minced
- 1/4 cup parsley chopped
- 1/4 cup cilantro chopped
- 1 lemon zest
- 1/2 lemon juice
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1 egg (or 1 tbsp flaxseed + 3 tbsp water for vegan version)
- 1/3 cup breadcrumbs (use gluten-free if desired)
- 1-2 tbsp olive oil (for pan-frying)

INSTRUCTIONS

1. **Mash the chickpeas:** In a large bowl or food processor, mash chickpeas until mostly broken down but still slightly chunky. You want a texture that will hold together but isn't too smooth.
2. **Add flavor:** Mix in onion, garlic, parsley, cilantro, lemon zest and juice, cumin, paprika, salt, and pepper. Stir until evenly combined.
3. **Bind the mixture:** Add the egg (or flax egg) and breadcrumbs. Mix well until the mixture forms a firm but slightly sticky consistency. Let sit for 5 minutes to allow the breadcrumbs to absorb moisture.
4. **Shape the fritters:** With clean hands, form the mixture into 2-inch patties. You should get around 12.
5. **Cook:** Heat 1 tablespoon olive oil in a skillet over medium heat. Cook the fritters in batches for 3–4 minutes per side, until golden brown and crispy. Add more oil as needed between batches.
6. **Serve:** Serve warm with your favorite toppings, inside a pita, over greens, or as part of a Mediterranean platter.

NOTES

Optional toppings:

- Tzatziki sauce
- Hummus
- Crumbled feta
- Diced cucumber and tomato
- Warm pita or lettuce wraps

Estimated Nutrition Facts (Per Serving - 3 fritters)

- **Calories:** 230
- **Protein:** 8g
- **Carbohydrates:** 26g
- **Fiber:** 6g
- **Fat:** 10g

- **Sodium:** 310mg
- **Sugar:** 2g

