

# MORTON & BASSETT SPICES®

## Lentil Falafel



- 1 cup lentils, pre-soaked for 1 hour
- ½ cup curly parsley, chopped
- ½ cup cilantro, chopped
- 1 shallot, roughly chopped
- 1 teaspoon Morton & Bassett Sumac
- 1 tablespoon Morton & Bassett Cumin
- 1 teaspoon Morton & Bassett Coriander
- 1 teaspoon Morton & Bassett Garlic Powder
- 1 teaspoon Morton & Bassett Ground Yellow Mustard
- 1 teaspoon baking powder
- ½ cup sour cream
- juice from 1 lemon
- drizzle of olive oil (1-2 tablespoons)
- salt to taste

Preheat the oven to 375° F. Pre-soak lentils for at least 1 hour, then drain and place in a food processor. Add parsley, cilantro, shallot, M&B Sumac, M&B Cumin, M&B Coriander, M&B Garlic Powder, baking powder, lemon juice from half a lemon, and a drizzle of olive oil into the food processor. Pulse until a coarse crumble has formed. Add olive oil as needed if it's too coarse and not sticking together. Using a tablespoon, scoop lentil mixture into small 1-inch balls and place on a parchment lined baking sheet, about 1 inch apart. Bake for 20-25 minutes, flipping halfway through. While the lentil falafel is baking, mix sour cream, M&B Mustard, lemon juice from remaining half of lemon, and salt. Whisk until well combined and serve as a dip on the side. Once baked, garnish falafel with a sprinkle of fresh parsley.

Servings: 4 | Time: 40 minutes



[mortonbassett.com](http://mortonbassett.com)

