



Baked Falafel and Tzatziki

Try a healthier baked—not deep-fried—version.

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These herby chickpea balls are packed with protein plus fresh garlic and onion to support the immune system. Many chefs deep-fry them, but baking them results in crisp, flavorful falafels without the extra oil—or mess—from deep frying.

Tzatziki is a classic, easy-to-make and cooling Greek yogurt sauce that also packs a protein punch. The added mint is not only refreshing but also aids in digestion.

Falafel: servings: 4 / ingredients: 8

Tzatziki: servings: 6 / ingredients: 7

Ingredients:

Falafel

2 tablespoons olive oil (for the baking sheet)

1 (15.5-ounce) can of chickpeas

1 red onion, cut into chunks

2 garlic cloves, peeled

1 cup fresh cilantro, roughly chopped

1 cup fresh parsley, roughly chopped

½ cup chickpea flour, almond flour, whole-wheat flour or all-purpose flour

Salt and pepper, to taste

Tzatziki sauce

16 ounces whole-milk plain Greek yogurt

½ large English cucumber, peeled, seeded and diced

½ cup mint leaves, chopped

½ small garlic clove

Juice from half a lemon

Salt and pepper, to taste

Directions

Falafel

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper and coat it with olive oil. Set aside.
2. Add the remaining ingredients to a blender or food processor and blend until the mixture is the consistency of moist cookie dough. Let the mixture sit for 15 minutes.
3. Make 1-inch-sized balls from the mix and place on the oiled baking sheet, leaving space in between the balls (should yield approximately 8 balls). Bake for 15 minutes, flipping about halfway through the cooking time. Remove the pan from the oven. Serve immediately with the tzatziki.

Tzatziki

1. Set a colander over a bowl and salt the cucumber. Let drain for 20 minutes. Pat dry.
2. Chop the garlic into very small pieces and add a generous pinch of salt.
3. In a medium bowl, mix the garlic paste with yogurt, lemon juice, mint leaves and pepper to taste. Stir in the cucumber. Taste for seasoning. Keep in the refrigerator until ready to eat.

Nutrition Facts (per serving)

Falafel

Calories: 278; fat: 11 g; saturated fat: 1 g; polyunsaturated fat: 2 g; monounsaturated fat: 6 g; carbohydrates: 37 g; sugar: 7 g; fiber: 10 g; protein: 11 g; sodium: 419 mg

Tzatziki

Calories: 75; fat: 4 g; saturated fat: 3 g; carbohydrates: 5 g; sugar: 3 g; fiber: 1 g; protein: 6 g; sodium: 264 mg

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