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## Garbanzo Kofta

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### Ingredients

- 2 cans garbanzos (15 oz each)
- 1 ½ cup cassava flour
- ¾ cup hot water
- 1 Tbsp cumin powder
- 1 tsp salt
- 1 tsp dried parsley
- 3-4 Tbsp oil
- 1-2 tsp smoked paprika powder

### Instructions

1. Drain and rinse garbanzos. Place them in a kitchen aid mixer stand with the pastry paddle, or use a food processor. Mix on low until garbanzos break down. Keep some chunks of garbanzo.
2. Gradually add flour and water and continue mixing until a dough forms.
3. Add in cumin, salt, and parsley and mix until dough is smooth and holds together. Allow dough to rest for 10 minutes, then pinch off walnut sized pieces and roll into balls. Press your thumb into the ball to slightly flatten them with a “thumb print” pattern.
4. In a large stock pot, bring a large amount of water to a rolling boil. Add some salt to the water.
5. Begin preheating oven to 350, preferably with convection if possible. Place parchment paper on a baking tray and lightly oil. Set aside.
6. To the boiling water, carefully add the kofta in small batches. Keep at a rolling boil until kofta floats (about 2 minutes), then cook for 2-3 minutes more (total 5 minutes). Carefully remove the kofta (use a slotted spoon to allow water to drain) and place on prepared baking sheet.
7. Toss the kofta in small amount of oil and paprika. Bake in oven until crispy, about 30-40 minutes. Gently flip half way through the baking process.

### Bonus Tips

Serve alongside your favorite sauce or hummus.

### Check it Out

- Gluten-free

