

Chickpea Fritters



4.9 from 19 votes

Mediterranean Chickpea Fritters are quick and easy with a few simple ingredients. Serve as an appetizer or with a salad - great for meal prep

 Course	Appetizer
 Cuisine	Mediterranean, American
 Prep Time	10 minutes
 Cook Time	8 minutes
 Total Time	18 minutes
 Servings	6 fritters
 Calories	77kcal
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Ingredients

- 1 15-ounce canned chickpeas rinsed, drained
- ¼ cup all purpose flour
- ¼ cup grated or shredded parmesan cheese
- 1 tablespoon chopped parsley
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons water
- 2 tablespoons canola oil
- tahini sauce for serving

Instructions

1. In a medium bowl, combine the chickpeas, all purpose flour, parmesan cheese, fresh herbs, cumin, garlic powder, salt and pepper. Add two tablespoons of water and use a fork or masher to combine the ingredients until they are well blended.
2. Divide the mixture into 6 equal parts and form into thin patties.
3. In a large pan, heat the oil until it's shimmering. Then add the chickpea fritters and cook until browned and fully cooked through, about 2-4 minutes per side.
4. Place on a plate lined with a paper towel to absorb any excess oil, then serve with tahini sauce or any other sauce of choice.

Notes

Storage: Store any leftovers in an airtight container. They will last up to 5 days in the fridge. Reheat in the microwave, in a skillet with a little olive oil, or in a an air fryer before serving.

Freezing Instructions: You can also freeze the fritters before or after cooking them.

- *To freeze them prior to cooking*, lay them on a flat baking dish in the freezer for at least 4 hours. When frozen, place them in an airtight bag. Thaw in the fridge overnight and cook per instructions.

- *To freeze them after cooking*, simply store them in an airtight bag after they've cooled. To re-heat, thaw in the fridge overnight and bake in a 350°F oven until heated through.

Nutritional Data: The information below is an automated estimate for the fritters. It could vary based on cooking methods and ingredients used.

Nutrition

Calories: 77kcal | Carbohydrates: 4g | Protein: 2g | Fat: 6g | Saturated Fat: 1g | Cholesterol: 3mg | Sodium: 261mg | Fiber: 1g | Sugar: 1g | Vitamin A: 89IU | Vitamin C: 1mg | Calcium: 49mg | Iron: 1mg