

Plant-Based Recipes

These nutritious dishes, recommended by Valley Health registered dietitians, are tasty and good for you!

Air-fryer Falafel

1 lb DRY chickpeas (canned does not work) – soak in water overnight or ~8 hours

1 small red onion

1 tbsp dry parsley

3 tbsp minced garlic

1½ tbsp flour

1½ tsp salt

2 tsp cumin

1 tsp ground coriander

1/4 tsp black pepper

1/4 tsp cayenne pepper

Chop up onion in food processor, then add drained chickpeas and all other ingredients. Blend until it is the texture of couscous. Refrigerate for at least 30-60 mins (or longer) to let flavors set. Then form into small, flat, golf-ball size patties. Cook in air fryer at 400 degrees for 15 minutes, then flip, and continue cooking for another 15 minutes. Serve on a whole grain pita or a bed of mixed greens and brown rice. Top with sliced red onion, tomato, etc.

Black Bean and Corn Salad Recipe

2 (14.5-oz) cans black beans (rinsed and drained)

2 cups frozen corn (thawed)

1 red bell pepper, finely diced

1/2 cup finely diced red onion

1/2 cup chopped fresh cilantro

2 small limes (juiced)

3 tbsp olive oil

1/2 tsp cumin

1/4 tsp garlic powder

1/4 tsp black pepper

1/4 tsp cayenne pepper (optional)

In a medium bowl, combine beans, corn, red pepper, red onion and cilantro. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.