

# Falafel

This vegetarian delight is the pride of the Middle East. It is frequently found in restaurants and delicatessens in the Middle East and now in North America.

- 1 lb. dry chickpeas (don't use cooked chickpeas)**
- 1 medium onion, quartered**
- 1 medium potato, peeled, quartered**
- 4 garlic cloves**
- 1 tsp. ground coriander**
- 2 tsp. cumin**
- 1/3 c. dried parsley flakes**
- 1 T. flour**
- 1/2 tsp. baking soda**
- salt, pepper, and cayenne to taste**

Soak chickpeas for 24 hours. Drain. Put chickpeas, onion, potato and garlic through meat grinder twice, using the finest grind or chop in a food processor.

Add all remaining ingredients except the baking soda. Mix well. Cover and let rest for 2-3 hours.

While your pan is warming for frying with small amount of olive oil, add the baking soda to the chickpea mixture. The mixture is quite soft so either dampen your hands to make the balls or use a small ice cream type scoop. Lower into the pan. When you turn the ball it will flatten out considerably without you having to flatten it initially.

After you have just quickly browned the patties on both sides lay them on a cookie sheet and bake in the oven for 25 minutes at 375.

Note: Most falafels you buy have been deep fried but I have tried only baking the falafels. If you choose that method, bake for 35-45 minutes at 375. Watch and remove when browned.

Serve Falafel inside a round of pita bread with cucumber, lettuce, radish, tomato slices, peppers of any sort, chopped fresh parsley or vegetables of your choice. Drizzle the filled pita with a creamy tofu topping or a Sesame Seed Sauce.

| <b>NutritionFacts</b>   |    |
|---|----|
| per serving<br>makes 24 servings  |    |
| Amount per serving  |    |
| <b>Calories</b>   | 43 |
| Calories from fat   | 2  |
| % Daily Value *   |    |
| <b>Total Fat 0.2g</b>   | 0% |
| Saturated Fat 0g  | 0% |
| <b>Cholesterol 0mg</b>  | 0% |
| <b>Sodium 139mg</b>   | 6% |
| <b>Total Carbohydrate 8.6g</b>  | 3% |
| Dietary Fiber 1.3g  | 5% |
| <b>Protein 1.6g</b>   |    |
| Percent values are based on a 2,000 calorie per day diet. Your daily values may differ. |    |
| Additional Information  |    |
| 4.7% of calories from Fat<br>80.4% from Carbohydrates<br>15% from Protein               |    |

## **Sesame Seed Sauce**

**1 garlic clove**

**½ tsp. salt**

**1/3 cup sesame seed paste (Tahini)**

**1/3 cup lemon juice**

**½ cup cold water**

Before measuring, stir the Tahini in the jar. Put all ingredients into a food processor and blend until smooth, scraping the sides of the bowl at intervals. Serve on your pita or as a dip for vegetables, cooked or raw.

Note: Just add water to thin the sauce.