

Falafel with Yogurt Sandwich

Makes: 4 servings

Ingredients

- 1 cup dry garbanzo beans (chick peas, sorted and rinsed)
- 3 cups water
- 1/4 cup oil
- 1 garlic (clove, crushed)
- 1 onion (medium, chopped)
- 1/3 teaspoon parsley (1 sprig or about 1 teaspoon, chopped)
- 1/4 teaspoon salt
- 2 teaspoons lemon juice
- 1/3 teaspoon hot pepper sauce
- 1 cup plain yogurt (low-fat)
- 4 Whole Wheat Pita bread (pockets)

Directions

1. Put beans and water in large pot and soak by the overnight or quick-soak method.
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

Notes

- If the batter is too moist, add breadcrumbs to make it thicker. It may take up to a cup of breadcrumbs.

Total Cost: \$4.46

Serving Cost: \$1.11

Source: Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes - 2/2019



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Nutrition Facts

4 servings per container
Serving size 1 Pita (401g)

Amount per serving
Calories 500

% Daily Value*

Total Fat 19g 24%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 450mg 20%

Total Carbohydrate 67g 24%

Dietary Fiber 7g 25%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 0mcg 0%

Calcium 218mg 15%

Iron 4mg 20%

Potassium 510mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.