

# Falafels with Tahini Dressing

## Ingredients:

- 3 cups garbanzo beans, cooked or low-sodium, canned
- 2-3 Tbsp. garbanzo bean liquid
- 1 cup onion, finely chopped
- 2-3 cloves garlic, minced
- ¼ cup fresh parsley, chopped
- ¼ tsp. basil
- ¼ tsp. oregano
- 1 tsp. cumin
- ½ -1 tsp. chili powder
- 2 Tbsp. fresh lemon juice
- 1/3 cup whole wheat flour



Servings: 8-10



\*SOY FREE

## Instructions:

1. Preheat oven to 350°F.
2. Combine garbanzo beans and liquid in blender. Puree until smooth.
3. Transfer bean mixture to a large bowl and add all other ingredients, except flour. Mix well.
4. Stir in flour so the mixture will hold together. Form mixture into 2 x 3/4 inch patties.
5. Place on a sprayed cookie sheet and bake for 10-15 minutes per side or until lightly browned with crispy, dry, cracked exterior. Be careful not to let the falafels dry out too much. The inside should be moist.
6. Serve in pita pockets (bread) with sliced cucumber and tomato and drizzle with Creamy Garlic and Tahini Dressing

## Nutrition Facts

8-10 servings per container

Serving size **2 falafel patties**  
(121g)

Amount per serving

**Calories** **110**

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 30mg **1%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 54mg **4%**

Iron 1mg **6%**

Potassium 213mg **4%**

\*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.