

Falafel with Yogurt Sandwich

Falafel is a pan-fried patty made from ground garbanzo beans and spices. It makes a healthy and delicious sandwich when served with a seasoned yogurt dressing and fresh vegetables on whole wheat pita bread. Try this recipe for lunch or dinner.

Makes: 4 servings
 Prep Time: 2 hours
 Cook Time: 25 minutes

Source: MyPlate Kitchen

Ingredients

- 1 cup dry garbanzo beans (sorted and rinsed)
- 3 cups water
- 1/4 cup oil
- 1 garlic (clove, crushed)
- 1 onion (medium, chopped)
- 1 teaspoon parsley (about 1 sprig)
- 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)
- flour

Optional:

- tomatoes, sliced
- lettuce
- bread crumbs (to thicken batter if needed, up to 1 cup)

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Large pot
- Colander
- Large skillet
- Potato masher or fork
- Plate
- Small bowl
- Spatula
- Tongs



Small Changes,
BIG Difference!



Directions

1. Put beans and water in large pot and soak overnight or quick-soak method.
2. Cook beans until tender, about 2 hours. Add more water if necessary. Drain.
3. In a skillet, slowly heat oil and sauté garlic and 2/3 of the chopped onion until tender (5 to 7 minutes).
4. In the large pot, combine and 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. (If the mixture is too thin to hold together, gradually mix in bread crumbs until desired thickness is reached.) 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 with tomato and lettuce (if using) topped with yogurt.

SHOPPING LIST

Average total cost without oil and seasonings: \$11.27

Average cost/serving: \$2.82

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Dry Garbanzo Beans (16 oz.)



Add 1 to Cart
Lemon



Add 1 to Cart
Garlic (bulb)



Add 1 to Cart
Hot Sauce (12 fl. oz.)



Add 2 to Cart
Onion



Add 1 to Cart
Plain Nonfat Yogurt (32 oz.)



Add 1 to Cart
Parsley (bunch)



Add 1 to Cart
Whole Wheat Pita Bread (6 count)

SAVE TIME, SAVE MONEY

Chef's Notes

- Try adding fresh chopped dill and lemon juice to yogurt for an added burst of fresh flavors.
- The falafel mixture can be made ahead of time and kept refrigerated in an airtight container until ready to fry (up to 3 days).

My Cooking Notes

Nutrition Information

Serving Size: 1 sandwich

Nutrients	Amount
Calories:	475
Total Fat:	19.g
Saturated Fat:	3.g
Cholesterol:	4 mg
Sodium:	408 mg
Total Carbohydrates:	63.g
Dietary Fiber:	12.g
Total Sugars:	12.g
Added Sugars:	0.g
Protein	18.g