

From our kitchen to yours



Baked Falafel

Courtesy of Diabetes Canada

PREP TIME: 30 min COOK TIME: 0 min TOTAL TIME: 30 min YIELDS: 8

Ingredients:

1 tbsp	garlic, minced	1	small onion, chopped
1 tbsp	curry powder	1/4 tsp	cayenne pepper
2 tbsp	cilantro, minced	1tbsp	parsley, minced
1 tbsp	olive oil	2 cans	garbanzo beans, drained and rinsed
1 1/2 tbsp	whole wheat or all purpose flour	2 tsp	baking powder
1/2 tsp	salt (optional)	1/2 tsp	black pepper
1	nonstick cooking spray	1tbsp	sesame seeds
1 cup	plain nonfat Greek yogurt (non-fat)	1/4 cup	tahini
1 tbsp	garlic, minced	1tbsp	parsley, minced
4	whole wheat pita (cut in half)	2	tomatoes, sliced into 8 slices each
1/2	red onion, thinly sliced	1/2	red onion, thinly sliced

Directions:

Preheat oven to 450°F. Line a large baking sheet with a silicon mat or parchment paper. If using parchment paper, coat generously with cooking spray. Set aside.

In a food processor or blender, add garlic, onion, curry powder, cayenne pepper, cilantro, parsley and olive oil. Blend into a paste.

Add in garbanzo beans and pulse to chop beans and mix into onion paste. Do not blend the beans into a paste. The falafel should be slightly chunky.

Add flour, baking powder, salt (optional), and ground black pepper. Pulse until just incorporated.

Refrigerated falafel mixture for 15-20 minutes. While the falafel is chilling, add yogurt, tahini, garlic and parsley to a small bowl and whisk. Keep yogurt sauce in the refrigerator until ready to use.

Scoop falafel into balls that are about 2 Tbsps. of mixture (or 1/8 of a cup). Place on baking sheet and repeat to make 16 falafel balls.

Spray the falafel balls with cooking spray and sprinkle with sesame seeds.

Bake on the bottom rack of the oven for 15 minutes. Turn the oven down to 350 and move the baking sheet to the top rack. Bake an additional 15 minutes.

Once the falafel is done baking, stuff two falafel balls into half of a whole wheat pita, add 2 Tbsps. yogurt tahini sauce, 2 slices of tomato and 3-4 slices or red onion.

