

Falafel with Yogurt Sandwich

Adapted from: [MyPlate, USDA](https://myplate.usda.gov)

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

Yield: 4 servings

Ingredients:

- 1 cup dry garbanzo beans (chickpeas, sorted and rinsed)
- 3 cups water
- 1/4 cup oil
- 1 garlic (clove, crushed)
- 1 onion (medium, chopped)
- 1 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)
- 1 onion (medium, chopped)
- 4 Whole Wheat Pita bread (pockets)
- flour
- tomatoes, sliced (optional)
- lettuce (optional)
- bread crumbs (optional - see note)

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.

Nutrition Facts

4 Servings Per Recipe	Amount Per Serving
Serving Size	1 sandwich
Calories	475
Total Fat	19 g
Saturated Fat	3 g
Cholesterol	4 mg
Sodium	408 mg
Total Carbohydrate	63 g
Dietary Fiber	12 g
Total Sugars	12 g
Protein	18 g

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