

**FALAFEL**from [themediterraneandish.com](http://themediterraneandish.com) 30 minutes 50 minutes 24 portions**INGREDIENTS**

- 2 cups of dried chickpeas
- 1/2 tsp of baking soda (2 g)
- 1 cup of parsley, fresh, stems removed (60 g)
- 3/4 cup of cilantro leaves, stems removed (12 g)
- 1/2 cup of fresh dill weed, stems removed (4 g)
- 1 small onion, quartered (70 g)
- 7 cloves of garlic, peeled (21 g)
- 1 tbsp, ground of spices, pepper, black (7 g)
- 1 whole tbsp of spices, cumin seed (6 g)
- 1 tbsp of ground coriander (2 g)
- 1 tsp of cayenne pepper (2 g) [Optional]
- 1 tsp of baking powder, low-sodium (5 g)
- 1 oz of toasted sesame seed (28 g) (2 Tbsp)
- 1 large pita (6-1/2" dia) of bread, pita, white, enriched (60 g)
- 1 cup, pared, chopped of cucumber, peeled, raw (133 g)
- 1 cup, chopped or sliced of tomatoes, red, ripe, raw, year round average (180 g)
- 1 cup of arugula, raw (20 g)
- 1 small spear of pickles, cucumber, dill or kosher dill (35 g)

**COOKING METHOD**

- 1° Salt to taste Oil for deep frying [optional] Extra virgin olive oil for baking [optional]
- 2° One day in advance, place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches. Soak overnight for 16-18 hours [more if the chickpeas are still too hard]. When ready, drain the chickpeas completely and pat dry
- 3° Add chickpeas, herbs, onions, garlic, and spices to the large bowl of a food processor fitted with a blade. Run the food processor 40 seconds at a time until all is well combined forming the falafel mixture.
- 4° Transfer the falafel mixture to an airtight container. Refrigerate for at least 1 hour or [put to one whole night] until ready to cook.
- 5° Just before frying [or baking], add the baking powder and toasted sesame seeds to the mixture and stir with a spoon
- 6° Scoop tablespoonfuls of the falafel mixture and form into patties [or balls] (1/2 inch in thickness each). It helps to have wet hands as you form the patties.
- 7° Fill a medium saucepan with 3 inches of oil. Heat the oil on medium-high until it bubbles softly. Carefully drop the falafel patties in the oil, let them fry for about 3 to 5 minutes or until crispy and medium brown on the outside. Fry in batches to avoid crowding the falafel in the pan. \*If baking, place falafel on lightly oiled sheet pan in 350 degree heated oven for about 15-20 minutes, turning them over midway. You may also like to give the falafel a light brush of extra virgin olive oil before baking.
- 8° Place the fried falafel patties in a colander or plate lined with paper towels to drain.
- 9° Serve falafel hot next to other small plates; or assemble the falafel patties in pita bread with tahini or hummus, arugula, tomato, and cucumbers.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (44 g)	% DRI
ENERGY	194 kcal	85 kcal	4 %
FAT	4 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	136 mg	59 mg	2 %
CARBOHYDRATE	32 g	14 g	5 %
SUGARS	5 g	2 g	—
FIBER	6 g	3 g	11 %
PROTEIN	10 g	4 g	—