

Falafel and Cucumber Sauce



This is a great recipe for falafel. Everyone that I have made it for loves it. Yum!

If meal prepping it, cook it and then freeze it. The flavors seem to get better if it's left to sit for a day or more. We reheat it by sticking them in the toaster oven for about 10 minutes but each oven is different...keep checking until they're nice and hot. We use tortillas, but it calls for Pita bread.

Serves 5
Prep time: 20 min

Cook time: 10 min
Total time: 30 min

INGREDIENTS

For Sauce:

- 1 12 oz container plain yogurt
- 1 cucumber - peeled, & chopped
- 2 teaspoons dried dill weed
- salt and pepper to taste

For Falafel:

- 2 15 oz can chickpeas, drained
- 1 onion, chopped
- 1 cup fresh parsley
- 4 cloves garlic, chopped
- 2 eggs
- 4 teaspoons ground cumin
- 2 teaspoon ground coriander
- 1 teaspoon salt
- 1 dash pepper
- 1 pinch cayenne pepper
- 2 teaspoons lemon juice
- 2 teaspoons baking powder
- 2 tablespoons olive oil
- 2 cup dry bread crumbs
- 2 cup chopped tomatoes (optional)

DIRECTIONS

1. Sauce: In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise and mix well. Chill for at least 30 minutes.
2. Falafels: In a large bowl mash chickpeas until thick and pasty; don't use a blender, as the consistency will be too thin.
3. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.
4. In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil.
5. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed.
6. Form 8 balls and then flatten into patties. (We left ours as balls)
7. Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.
8. Serve two falafels in each pita half topped with chopped tomatoes and cucumber sauce.