

Falafel with a Zesty Yogurt Sauce

(Makes 8 servings)

Falafel is a Middle Eastern specialty consisting of croquettes or balls that are made of spiced ground chickpeas. Traditionally falafel is deep-fried, however this recipe calls for pan frying in a small amount of canola oil. To cut down on the fat, try grilling the falafel in a George Foreman grill - they taste great! Serve falafel in a pita pocket filled with fresh greens, tomatoes, scallions and cucumbers. Top with the yogurt sauce and enjoy!

Ingredients:

Yogurt Sauce Ingredients

- 1 cup plain nonfat yogurt
- 1 medium cucumber, peeled, seeded, chopped and drained of excess water
- 1 clove garlic, minced
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon fresh cilantro
- ½ teaspoon cumin

Falafel Ingredients

- Fantastic Foods® Falafel Mix
- 1 ¼ cups water
- 1 Tbsp canola oil

Directions:

- 1) For Falafel: follow directions according to the box. Usually you add falafel mixture to 1 ¼ cups water in a large bowl. Mix thoroughly and let sit 10-15 minutes while preparing yogurt sauce.
- 2) For yogurt sauce: in a small bowl mix all ingredients. To further enhance flavor, prepare ahead of time and let sit in refrigerator for 30 minutes. Stir before serving.
- 3) Once falafel mixture has had time to set, heat a large nonstick skillet over medium-high heat. Add canola oil and let heat.
- 4) Once oil has heated, turn down to medium. Scoop approximately 1/8-1/4 cup of falafel mixture into palm of hand and form a small ball or disk. Continue with rest of mixture, placing each ball onto frying pan. Let falafel cook for approximately 5 minutes before turning over, paying special attention that they do not burn. Falafel should be slightly soft in the center yet golden brown on the outside.
- 5) Once falafel is cooked serve as an appetizer dipped in the yogurt sauce, atop a fresh greens salad or with a warm pita pocket filled with vegetables.

Nutritional Analysis:

Nutrition Analysis (2 falafel patties)

- Calories: 170 (16% of calories from fat)
- Total Fat: 3 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 840 mg
- Carbohydrates: 27 g
- Dietary Fiber: 8 g
- Protein: 15 g

Nutrition Analysis (2 tablespoons yogurt sauce)

- Calories: 20
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 20mg
- Carbohydrate: 4g
- Dietary fiber: 0g
- Protein: 1g

Source:

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