



Felafel for Sandwiches

Serves 4

1 egg
1 tablespoon water
1 teaspoon lemon juice
2 tablespoons minced fresh parsley
2 scallions, chopped fine
2 cloves garlic, minced
1 tablespoon reduced sodium soy sauce
3 to 4 tablespoons sesame tahini
1 can chickpeas, rinsed and drained
1 teaspoon each ground cumin and dried oregano
1/3 cup toasted wheat germ
Sliced, shredded or chopped veggies for topping (lettuce, tomato, cucumber, carrots, etc)
Whole wheat pita

- In a food processor or blender combine first 11 ingredients. Blend until smooth.
- Make into 8 patties. Fry on non-stick or lightly oiled skillet until lightly browned on both sides.
- Serve in whole wheat pita topped with veggies.
- If desired, top with a sauce of 6 oz non-fat plain Greek-style yogurt, 1 tsp. dried dillweed, 1 clove pressed or minced garlic, 1 tsp. mild vinegar and ½ tbsp. olive oil.

Recipe adapted from Jane Brody's Good Food Book

Nutritional information (for ¼ falafel recipe):

Calories: 268
Total Fat: 9g
Saturated Fat: 1.4g
Carbohydrates: 36g
Dietary Fiber: 8g
Protein: 12.5g