

## **Falafel Pitas with Tahini Sauce**

### **Falafel Balls**

Yield: about 10 falafel balls

1 15 oz can of garbanzo beans, washed and drained (about 1 ½ cups)  
1/4 cup fresh parsley  
1 T lemon juice  
1 T onion  
1 clove garlic  
1 t ground cumin  
1 t coriander  
1 t tamari or soy sauce  
1/4 cup garbanzo flour  
¼ t baking powder

Put all ingredients except the garbanzo flour and baking powder into a food processor. Process everything until it becomes smooth but not quite a puree. Add the flour and baking powder and pulse until mixed in. Scoop by tablespoon and form into balls. Flatten them slightly. At this point you can deep fry them, pan fry them or bake them.

Fry in 2 inches of oil at 350 degrees for 5-7 minutes OR  
Pan fry in lightly oiled pan on medium-high heat until browned on both sides OR  
Bake in 400 degree oven for 20 minutes turning them half way through the baking process.

### **Tahini Sauce**

Yield: 2/3 cup

¼ cup water  
¼ cup fresh lemon juice  
¼ t cumin  
3 T tahini

Whisk all of the ingredients together until smooth.

### **To assemble the pita's:**

3-5 whole grain pita bread pockets  
4 leaves of lettuce or 1 cup of baby greens  
1 cup chopped tomatoes  
16-20 slices of cucumber  
¼ cup tahini sauce

Cut ½ inch off the top of pita. Open pocket and insert lettuce, 2-3 falafel balls, ¼ cup tomato, 4 slices of cucumber and 1-2 tablespoons of tahini sauce.

*For more information see: [www.e2se.org](http://www.e2se.org)*