

Baked Falafel Pita with Cucumber Yogurt Dip & Veggie Dippers

by Chef Nicole Livezy

Baked Falafels

Ingredients:

15 ounce can	chick-peas, drained
2 tablespoons	fresh parsley, minced
1 small	onion, chopped
1-2 cloves	garlic, minced
1 teaspoon	ground cumin
1 teaspoon	ground coriander
½ teaspoon	salt
¼ teaspoon	cayenne
1 teaspoon	lemon juice
2 tablespoons	whole-wheat flour
2 tablespoons	tahini
spray can of olive oil	

Prepare:

1. Preheat oven to 350°F.
2. Measure and assemble all of your ingredients to create a *mise en place*
3. Line a large baking sheet with parchment paper.
4. Place all of the ingredients into a food processor and process until it makes a coarse paste.
5. Roll the mixture into small balls –about 1.5 inches in diameter, then flatten and place on the prepared baking sheet.
6. Bake the falafels for 10 minutes,
7. Using a spatula, turn falafels over spray with a light coating of olive oil, and bake for 10 more minutes or until golden brown.

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Cucumber Yogurt Dip

Ingredients:

- 6 ounces plain yogurt (6 oz)
- ½ cucumber, peeled, seeded and grated
- 1 teaspoon lemon juice (or to taste)
- 1 teaspoon fresh mint, minced
- 1 teaspoon fresh parsley or cilantro, minced
- To taste salt and pepper
- ½ teaspoon ground sweet paprika

Assorted vegetables for dipping (carrots, celery, bell peppers, etc), julienned

Prepare:

1. Combine yogurt, lemon juice, mint and parsley in a bowl. Stir to mix well
2. Season with salt and pepper to taste and stir again to combine.
3. Scrape into serving bowl or lunch container.
4. Sprinkle top with paprika.
5. Serve with array of vegetable sticks as dippers.

Extra ingredients to make lunch:

Whole wheat Pita Pockets
Lettuce, chopped
Fresh tomatoes, sliced

Lunch Assembly and Packing:

1. Split pita pockets
2. Place two falafel patties inside the pita pocket
3. Top with lettuce and sliced tomatoes.
4. Wrap pitas in plastic or enclose in a zip lock bag.
5. Place the yogurt dip in a small sealable container.
6. Place sliced vegetables in a ziplock bag.