



FALAFEL PATTIES

Program 231039

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YOU WILL NEED:

- 2 cups cooked chickpeas/garbanzo beans
- 1 clove fresh garlic, minced
- 1 teaspoon cumin
- ½ teaspoon turmeric
- ½ teaspoon salt
- ¼ cup onion, diced and sautéed
- ¼ cup fresh or dried parsley
- ⅓ cup water
- 2 teaspoons fresh lemon juice
- 1 cup cooked bulgur wheat
- ¼ cup flour
- dash of cayenne pepper

DIRECTIONS:

1. Preheat the oven to 400 degrees. Spray a baking sheet with a non-stick cooking spray.
2. Rinse and drain the garbanzos. Combine all ingredients in a food processor and process until thoroughly combined and smooth. If you do not have a food processor, you may use a masher.
3. Form mixture into patties 2½ - 3 inches in diameter. Place on a baking sheet. Spray each patty with non-stick cooking spray.
4. Bake for 20-25 minutes or until golden brown (flip over halfway through). Serve warm or cold in pita bread with cucumber sauce.