

Falafels

Yields 5 servings (4 Falafels per serving) PREP 20 m COOK 20 m TOTAL 40 m

Ingredients:

- 2 C cooked Garbanzo beans
- 1/2 C yellow onion finely chopped
- 2 T garlic pressed or minced
- 1.5 tsp lemon juice
- 1.5 tsp ground cumin
- 1.5 tsp ground coriander
- 1 T baking powder
- 1/4 tsp Mrs. Dash
- 1/4 C Italian parsley chopped
- 1/4 C Cilantro chopped
- 4 T Whole Wheat Flour

Directions:

1. Preheat the oven to 375. Line 2 full sheets with parchment.

2. Place the drained garbanzo beans, onions, garlic, and lemon juice, cumin, coriander, baking powder, and Mrs. Dash in the food processor and pulse until coarsely pureed. Wipe down the side of the bowl and pulse again. Add parsley, cilantro, and flour. Process until the herbs and flour are fully incorporated into the mixture. Blend just to the point that when pinching together the mixture, will form a ball.

3. Place 20 slight-over- filled (not rounded) tablespoons of the garbanzo bean mixture on the prepared sheet trays. Roll each individual dollop of mixture into a ball shape. Press each of the newly formed falafels lightly with fingertips so that they spread into spheres that are about 1 1/2 inches in diameter. Place the spheres into the oven and cook for 15 minutes. Flip the falafels over and cook another 5 minutes until lightly brown on both sides, but soft in the center.



NUTRITION FACTS: Per Serving

120 calories, 6 g protein, 22 g carbohydrate, 5 g fiber, 425 mg sodium, 2 g total fat

Recipe provided by: Ornish Lifestyle Medicine

Cucumber Yogurt Salad

Serves 4

Ingredients:

- 3 Cucumbers, seeded and thinly sliced
- 1 Cup low-fat or nonfat greek yogurt
- 1/4 C fresh dill or 1/2 tsp. dried dill
- 3 Tbsp. white vinegar
- 1 Tbsp. lemon juice
- Salt and Pepper to taste

Directions:

In a large bowl, add cucumber slices, yogurt, dill, lemon juice, salt and pepper and toss to combine. Refrigerate at least 1 hour before serving.

NUTRITION FACTS: Per Serving

66 calories, 1 g total fat, 6 g carbohydrate, 7 g protein, 1 fiber, 160 mg sodium



Recipe provided by: Farmers Market Cookbook