

Falafels with Tzatziki

Falafels:

- 2 cups dried chickpeas, rinsed well and **soaked overnight**
 - 1 small yellow onion, chunked
 - 1 bunch flat-leafed parsley, rinsed and coarsely chopped
 - ½ bunch cilantro, rinsed and coarsely chopped
 - 2 – 3 cloves garlic
 - 1 egg
 - 1 piece bread
 - big pinch of salt
 - ½ tsp freshly ground black pepper
 - 2 tsp ground cumin
 - juice of one lemon
1. Drain the chickpeas and let air dry for **2 hours or more**.
 2. In food processor on low speed, whirl the ingredients until a thick paste forms.
No lumps or chunks, or your balls/patties will fall apart!
 3. Form into patties and let rest while tzatziki is made.
 4. Fry patties in canola oil on medium high heat for 3 minutes each side, or until golden brown.
 5. Serve with the tzatziki in whole wheat pita bread. Add shredded lettuce and chopped tomatoes, if desired.

Tzatziki

Pulse in food processor, just until blended:

- 1 cucumber, seeded and chunked
- 1 cup plain Greek yogurt
- salt and pepper, to taste
- ½ bunch mint (or less, to taste)
- 1 clove garlic
- juice of one lemon