



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Falafel Patties**

Adapted from *Cooking Light*

- ½ cup finely diced red onion, divided
- 1 tbsp Dijon mustard
- 1½ tsp ground cumin
- ½ tsp paprika
- 1/8 tsp salt
- ¼ cup cilantro leaves, chopped
- 1 15-oz can of chickpeas, drained
- 1 slice (1 oz.) whole wheat bread, torn into pieces
- 1 egg
- 1 egg white
- 2 tbsp olive oil
  
- 1 cup plain low fat Greek yogurt
- ½ cup diced cucumber
- 1 tsp lemon juice

### **Instructions:**

In a food processor, combine ¼ cup diced red onion (reserve the rest for the sauce), mustard, spices, salt, cilantro, chickpeas, bread, egg, and egg white, and pulse until combined. Divide the mixture into 8 portions, flattening each slightly.\*

In a large saucepan, heat the oil on medium heat and cook patties about 3 to 4 minutes per side, or until each is golden brown. (Depending on the size of your pan, you may need to do this in 2 batches.)

In a medium bowl, mix yogurt, cucumber, lemon juice, and remaining diced onion together.

Serve falafel with yogurt sauce and greens in a whole wheat pita (you may have extra sauce).

### **Notes:**

-\*Chilling the patties in the fridge 30 minutes before frying will help them stay together.

-If you don't have a food processor, try using a blender or potato masher.

**Yield:** 4 servings

### **NUTRITION INFORMATION PER SERVING (2 patties plus cucumber sauce):**

CALORIES: 270 calories

PROTEIN: 15 g

SODIUM: 275 mg

CARBOHYDRATE: 26 g

FIBER: 5 g

FAT: 11 g

SAT FAT: 2 g