

Falafels

A simple, hearty, and delicious meal.

Ingredients

- 4 cups chickpeas, cooked or canned, drained
- 1 cup chickpea cooking water
- 3 cloves garlic
- 1 lb. tofu, mashed
- 1/3 cup Bragg Liquid Aminos or low-sodium soy sauce
- 1 teaspoon salt
- 1/4 teaspoon dried basil (substitute for black pepper)
- 1 medium onion, finely chopped
- 6 cups whole grain bread crumbs (blended rolled oats as bread crumbs substitute)
- Whole grain flour, for rolling
- Plant based oil, for frying



For Serving

- 6 to 8 pita breads
- Tahini sauce
- Chopped tomatoes
- Lettuce

Instructions

1. Blend chickpeas, chickpea cooking water, and garlic until creamy.
2. Pour into a bowl.
3. Add tofu, soy sauce, salt, dried basil, onion, and bread crumbs.
4. Mix well until moist.
5. Form into 2-inch balls and roll in flour.
6. Fry in 1/2-inch oil at 350°F until golden brown.
7. Warm pita breads if desired.
8. Fill each pita with 3 to 4 falafel balls.
9. Top with tahini sauce, tomatoes, and lettuce.

*Optional: Bake at 350°F (175°C) in place of frying, until golden brown on both sides.

Serving Tip

Serve warm in soft pita pockets with extra tahini sauce on top.

✦ Nutrition Benefits

- Good source of plant protein
- High in fiber

REFERENCE:

Adapted from *TOFU Cookery* by Louise Hagler