



FALAFEL

SUBMITTED BY: SHAWNA KELSEY

Ingredients:

2 cups cooked chickpeas (I get mine at the Troy Farmers Market)

2 T. olive oil

1/4 cup water

1 or 2 farm fresh eggs

1 T. za'atar spice blend (available on Amazon if you can't find it locally)

4 cloves garlic

salt

Instructions:

Pulse in a food processor until it holds together when pressed. Form into small balls of approx. 1 1/2" diameter. Shallow fry until sides are brown and crispy. Serve 3 pieces of falafel on a warm pita or tortilla with farmers market salad mix, fresh tomatoes and tzatziki sauce. If you want to make your own tzatziki, you can mix up 2/3 cup yogurt, 1 cup finely chopped cucumber, lemon juice, 1 or 2 cloves crushed garlic, and salt.