



Falafel With Tzatziki

Ingredients

1 can chickpeas
3 TBSP olive oil
1/4 cup parsley, chopped
1/4 cup cilantro, chopped
1/4 cup dill, chopped
4 cloves of garlic, minced
1 TBSP ground cumin
1 TBSP ground coriander
1 tsp baking powder
1 TBSP sesame seeds
Salt and pepper, to taste

Dipping sauce

1 cup Greek yogurt
1/2 English cucumber,
diced and seeds scooped
out
3 TBSP lemon juice
1/4 cup fresh dill,
chopped
1 clove garlic, minced
Salt and pepper, to taste

Directions:

1. Mash chickpeas with a fork; Add remaining ingredients; Mix until well-combined; Using your hands, form balls
2. Preheat oven to 400F; Line a baking sheet with parchment paper; Spread balls on tray and bake for 20-30 min
3. Prepare sauce; In a small bowl, mix together ingredients until well-combined;
4. Serve with the falafel balls and enjoy!

Equipment

Large bowl
Baking sheet

Cost: \$ \$

Ease:

Health Benefit: Chickpeas are a great source of plant-based protein to support bone and muscle maintenance. Garlic and herbs contains antioxidants that boost immunity and promote overall health.

Fare  Meals
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