**FALAFELS WITH CREAMY TAHINI LEMON DRESSING**

**1 RECIPE /UNIT (SERVES 4-5)**

**Falafels:**

½ can (540 mL size can) chickpeas, drained and rinsed

1 green onion, chopped

30 mL fresh parsley, minced

30 mL dry breadcrumbs

15 mL tahini (Sesame seed paste)

8 mL lime juice

1 garlic clove, minced

1 mL baking powder

1 mL ground cumin

1 mL black pepper

½ egg (about 25 mL), beaten

**Dressing:**

40 mL vegetable stock

60 mL plain yogurt

15 mL tahini

15 mL low-fat mayonnaise

15 mL extra virgin olive oil

8 mL lemon juice

8 mL soya sauce

½ clove of garlic

30 mL fresh parsley, minced

**Toppings:**

2 - 2½ pita breads, sliced in half

1 tomato, sliced

4-5 lettuce leaves

**Directions:**

1. Preheat oven to 400°F. Grease baking sheet with Pam or shortening.
2. Combine all falafel ingredients in a large bowl and mash together with a potato masher or back of a fork until well-mixed. Form into 8-10 balls (about 30 mL each). Flatten slightly. Place on the prepared baking sheet.
3. Bake in the center of the oven, turning once, for 15-20 minutes or until golden.
4. To make the dressing, combine the vegetable stock, yogurt, tahini, mayonnaise, oil, lemon juice, soya sauce, and garlic into a blender or food processor. Process until smooth. Stir in the parsley.
5. Place two falafels in the pocket of each pita half. Drizzle about 30 mL of dressing in each pita. Tuck tomato slices and lettuce inside each pita. Enjoy!