

# Baked Falafel Patties with Yogurt-Tahini Sauce

Yield: 1 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-falafel-recipe-with-canned-chickpeas>

## Ingredients:

- 1 cup chickpeas dried, also called garbanzo beans
- 1 cup onion chopped
- 4 tablespoons chopped parsley original recipe called for 2 T
- 4 tablespoons chopped cilantro original recipe called for 2 T
- salt 1 tsp.
- 4 cloves minced garlic about 2 tsp.
- ground cumin 1 tsp.
- baking powder 1 tsp.
- 4 tablespoons whole wheat flour or more, if the balls don't stick together well enough
- olive oil for spraying baking sheet
- 2/3 cup fat free yogurt plain, i used my favorite greek yogurt
- 1/3 cup sauce Tahini, sold in Middle Eastern stores or health food stores, usually near the peanut butter
- 2 tablespoons lemon juice fresh squeezed
- minced garlic 1/2 tsp.
- ground cumin 1/2 tsp.
- salt to taste
- 2 1/2 tablespoons water to thin sauce if desired

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 126 grams
3. Cholesterol: 5 milligrams
4. Fat: 28 grams
5. Fiber: 20 grams
6. Protein: 31 grams
7. SaturatedFat: 4 grams

8. Sodium: 2670 milligrams
  9. Sugar: 28 grams
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