

# Falafel Pita Sandwiches

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-soul-pita-recipe>

## Ingredients:

- 15 ounces garbanzo beans drained
- 1/2 yellow onion diced and lightly sautéed
- 5 garlic cloves minced and lightly sautéed
- 1/2 bunch cilantro
- 1/4 bunch flat-leaf parsley
- 1/4 cup all purpose flour plus 2 tablespoons
- 1 teaspoon baking powder
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 1/2 teaspoons salt
- 3/4 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons apple cider vinegar
- 1/2 teaspoon ground cumin
- 1 garlic clove minced
- 1 1/4 cups greek yogurt
- 1/2 hothouse cucumber grated
- 1/2 lemon juiced
- salt
- pepper
- 2 whole pitas cut in half
- 4 leaves romaine, thinly sliced
- 2 Roma tomatoes seeded and diced
- vegetable oil for frying

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 10 milligrams

4. Fat: 17 grams
5. Fiber: 10 grams
6. Protein: 13 grams
7. SaturatedFat: 3 grams
8. Sodium: 1730 milligrams
9. Sugar: 6 grams

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