

Falafel Pitas with Cucumber-Yogurt Dressing

This recipe may also be made into appetizers by splitting the falafel sizes into 12 patties per recipe and serving with the yogurt dressing as a dip. If you cannot find arugula you may use fresh spinach or spring mix.

Ingredients:

- ¼ cup minced red onion
- 1 tablespoon Dijon mustard
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon salt
- 1 (15 ½ - ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (1-ounce) slice whole wheat bread, torn into pieces
- 1 large egg
- 1 large egg white
- 1 ½ tablespoons olive oil
- 2 (6-inch) whole wheat pitas, split
- 1 cup arugula
- ½ cup Cucumber-Yogurt Dressing
- **Cucumber Yogurt Dressing**
- 1 cup plain fat-free yogurt
- ½ cup diced seedless cucumber
- ¼ cup minced red onion
- 1 teaspoon fresh lemon juice

Directions:

- Combine first 10 ingredients in a food processor; pulse 6 times or until well blended (mixture will be wet).
- Heat olive oil in a large nonstick skillet over medium-high heat. Spoon about ⅓ cup chickpea mixture per patty into pan; cook 4 minutes on each side or until golden brown.
- Line each pita half with ¼ cup arugula, add 1 patty to each pita half, and spoon 2 tablespoons Cucumber-Yogurt Dressing into each pita half.
- **Cucumber-Yogurt Dressing:** Combine all ingredients in a small bowl. Cover and chill.

Yield: 4 servings (one filled pita half)

Nutritional Information: Calories 280 (30% from fat); Fat 9.4g (sat 1.2g, mono 5g, poly 2.2g); Iron 3.3mg; Cholesterol 53mg; Calcium 81mg; Carbohydrate 40.1g; Sodium 592mg; Protein 11.4g; Fiber 7.3g

Recipe Source: Cooking Light, January 2007

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.