

## Baked Falafel Sandwich

Submitted by Carolin (based on a recipe from Weight Watchers)

If you've been craving the deep-fried falafel served in Middle Eastern restaurants but don't want all the fat, this baked falafel is for you. Cooked chickpeas are combined with a blend of exotic herbs and spices, formed into a patty, and then pan-browned before baking. Stuff it into a warm pita with crispy vegetables and top it with tahini sauce--delicious!

15 1/2 oz canned chickpeas, rinsed and drained  
1/4 cup onion, chopped  
1/4 cup parsley, or cilantro, fresh, chopped  
1 medium garlic clove, minced  
1 tsp ground cumin  
1/4 tsp ground coriander  
1/4 tsp table salt  
1/4 tsp baking soda  
1 Tbsp all-purpose flour  
2 Tbsp tahini  
1 Tbsp fresh lemon juice  
2 tbsp water  
4 whole wheat pitas  
lettuce

Preheat oven to 400°F.

Combine chickpeas, onion, parsley, garlic, cumin, coriander, salt and baking soda in a food processor or blender. Process until mixture is coarsely pureed and transfer to large bowl. Stir in flour; shape mixture into 4 patties and let stand for 15 minutes.

Spray a large ovenproof skillet with cooking spray and place over medium-high heat (if you don't have an ovenproof skillet, make sure to cover the handle of your skillet with aluminum foil before heating). Add patties and cook until golden brown, flipping once, about 2 minutes per side. Transfer pan to oven and bake 10 minutes.

Whisk together tahini, lemon juice, and water.

To assemble sandwiches, place 2 lettuce leaves inside each pita, add 1 falafel patty and drizzle with 1 tablespoon tahini dressing. Serves 4.

<http://www.fatfreevegan.com/sandwiches/baked.shtml>