

MEDITERRANEAN POCKET

Main Dish

Makes 50 servings (1/2 pita).

Each serving has: 412 calories, 18 grams (g) of fat, 52 g carbohydrate, 16 g protein, 13 g fiber and 169 mg sodium.

8 1/3 qt. cooked or canned chickpeas
5 cloves garlic, pressed
2 1/3 Tbsp. bread crumbs
1 qt. celery, minced
3 c. onions, chopped
5 tsp. ground cumin
5 tsp. turmeric
5 tsp. cayenne pepper
4 c. plus 3 Tbsp. tahini
2 c. lemon juice
2 c. water
1/4 Tbsp. black pepper
1/4 Tbsp. basil
25 pitas, whole-wheat, halved
1 1/2 gal. lettuce, shredded or chopped
100 slices tomato

Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, turmeric, and cayenne pepper. Roll into golf-ball size falafel balls and fry in 350 F oil until golden. Blend tahini, lemon juice, water, black pepper, and basil until creamy paste is formed. Fill each half pita with two falafel balls, 1/4 cup sauce, 1/2 cup lettuce, and 2 tomato slices.

NDSU EXTENSION
SERVICE