Title: Falafel Sandwich

Prep Time: 20 min.  Cook Time: 15 min.  Yield: 3

Ingredients:

Falafel
- ½ cup of chickpeas, rinse, drained
- ¼ red onion
- 1 clove garlic
- ¼ cup fresh Italian parsley
- ½ tsp ground cumin
- ½ tsp salt
- ¼ cup garbanzo flour
- 1 Tbsp of oil, + more for frying

Tzaziki
- ¼ cup grated and pressed medium English cucumber (½ cucumber)
- small pinch of salt
- ½ cup plain Greek yogurt
- 2 tsp lemon juice

Sandwich
- 3 Pita Bread halves
- 3 Romaine leaves
- 1 roma or hothouse Tomato
- ¼ Red Onion

Instructions:

1. Place all of the ingredients for the falafel in a food processor and pulse until a coarse uniform mixture forms. Form into golf ball-sized balls, flatten slightly, and pan fry until golden brown and crispy.

2. Grate the English cucumber on the largest grater. Sprinkle with salt and let sit for water to release for a 5-10 minutes. Squeeze firmly to remove most of the water. Mix with the yogurt, and lemon juice.

3. Toast a few pita bread halves. Slice the lettuce, tomatoes, and red onion.

4. Spread a portion of the tzaziki sauce inside. Add the rest of the ingredients, and the cooked falafels. Serve immediately.