



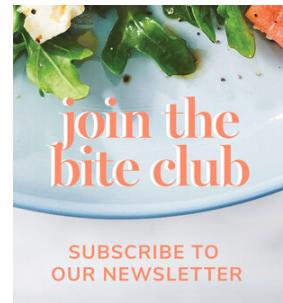
# baked falafel vegetable burgers

Forget frying because these baked Falafel Vegetable Burgers deliver huge taste without damaging your waist.

SERVES: 8



julie albert & lisa gnat



## ingredients

### Falafel Vegetable Burgers

- 1 tbsp olive oil
- 1 small yellow onion, chopped
- 1 large carrot, peeled and chopped
- 3 1/2 cups canned chickpeas, rinsed and drained well
- 1 cup canned sliced mushrooms, rinsed and drained well
- 1 tbsp fresh lime juice
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tbsp ground cumin
- 1 tbsp tahini
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 5 slices white bread, crust removed and put in food processor to make coarse crumbs

### Creamy Tahini Sauce

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1 tbsp tahini
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 2 tbsp finely chopped fresh mint
- 2 tbsp finely chopped fresh flat-leaf parsley

- 8 pita pockets
- 2 cups shredded iceberg lettuce

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## directions

1. Preheat oven to 350°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray.
2. In a medium skillet, heat olive oil over medium-low heat. Add onion and cook until softened, about 6 minutes. Remove from heat and allow to cool slightly.
3. In a food processor, combine cooked onions, carrots, chickpeas, mushrooms, lime juice, parsley, cumin, tahini, salt and pepper. Process until smooth, stopping to scrape down the sides of the bowl. Transfer to a large bowl and add breadcrumbs, mixing until all ingredients are thoroughly combined.
4. Form 8 burgers from the mixture and place on prepared baking sheet. Bake 30 minutes, flipping halfway through.
5. For the sauce, in a medium bowl, vigorously whisk mayonnaise, sour cream, lemon juice, olive oil, tahini, salt and pepper. Stir in chopped mint and parsley.
6. To serve, tuck veggie burger in a pita pocket along with a few tablespoons of sauce and about 1/4 cup shredded lettuce.

*“So hey, once Joshua heals your brother, you want to go do something, get some pomegranate juice, a falafel, or get married or something?”*

— CHRISTOPHER MOORE



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