FALAFELS

This recipe is adapted from an old pamphlet of the North American Vegetarian Society, "Vegetarian Cooking for a Better World."

6 oz dry garbanzos (chickpeas) cooked from scratch, or use one can, drained
1 medium or large potato, peeled, cubed and cooked
Sherry, white wine or broth as needed
I medium onion, chopped fine
1 celery stick, chopped fine (optional)
1/4 cup chopped parsley
1 tbsp soy sauce or aminos, or 1/2 tsp salt
1/2 tsp ground marjoram or oregano
1/2 tsp each: chili powder, ground cumin, garlic powder, turmeric
1/2 cup whole wheat flour or any whole-grain flour (can be gluten-free)

Drain the garbanzos, whether cooked or canned. Steam or boil the potato until tender. (Reserve any potato cooking water for soups or stews.) Put the garbanzos and potatoes into the bowl of a food processor and process them thoroughly—leaving a little texture is okay.

In a saucepan, heat about 1/4 cup of sherry or other liquid and sauté the onion, celery if using, and parsley about 2 minutes until the onion gets translucent and the parsley wilts a bit. In a large bowl, mix together the sautéed vegetables with the blended garbanzo-potato mixture. Add the remaining ingredients and mix well.

Preheat oven to 350 degrees F. Form the mixture into small balls; flatten and place on a lightly-oiled or nonstick cookie sheet, or use parchment paper. Makes about 40 small falafels, but the number will vary depending on the size—whatever size you make, be consistent so they are all done at the same time. Don't worry if they are sticky—they will firm up with baking. Bake at 350 degrees for about 12 minutes each side, turning once, until golden brown.

Serve the falafels in whole-wheat pita bread with lettuce, cucumbers, sliced tomatoes, etc., and LEMON-TAHINI sauce (recipe below).

LEMON-TAHINI SAUCE

1/2 cup tahini
1/2 cup water (you can use the potato cooking water)
Fresh lemon juice (about 2 tbsp/one-half lemon)
1/2 tbsp soy sauce or Bragg's Aminos
1 clove garlic, minced finely

Whisk together the tahini and water until the mixture starts to get translucent and glossy. Add the lemon juice, soy sauce and garlic. Depending on the texture you want, you can whisk in more water.



