

## Falafel Burgers with Creamy Dressing

Makes 4 servings (8 patties)

2 cups	no salt added canned chickpeas, drained and rinsed
¼ cup	chopped green onions
¼ cup	fresh cilantro (or parsley)
¼ cup	finely chopped or grated carrots
¼ cup	bread crumbs
3 Tbsp	lemon juice
3 Tbsp	water
2 Tbsp	tahini (pureed sesame seeds) or substitute natural peanut butter or almond butter
2 tsp	garlic, minced
¼ tsp	black pepper
¼ cup	plain Greek yogurt (2% MF or less)
2 Tbsp	tahini or substitute natural peanut butter or almond butter
2 Tbsp	chopped fresh cilantro
2 Tbsp	water
1 Tbsp	lemon juice
½ tsp	garlic, minced
2 tsp	avocado oil

1. Put chickpeas, green onions, cilantro, carrots, bread crumbs, lemon juice, water, tahini, garlic and black pepper in food processor; pulse on and off until finely chopped. With wet hands, form ¼ cup into a patty. If too soft put into refrigerator for 30 to 60 minutes.
2. In a small bowl, whisk together yogurt, tahini, cilantro, water, lemon juice and garlic.
3. In a non-stick skillet heat 1 tsp oil over medium heat. Add 4 patties and cook for 3 to 4 minutes or until golden brown. Turn and cook for another 3 to 4 minutes or longer until golden and hot inside.
4. Remove from pan. Heat remaining 1 tsp oil and cook remaining patties.
5. Serve drizzled with sesame sauce and a side salad. Or stuff falafels into a pita pocket with vegetables of your choice (tomato, cucumber, coloured peppers, grated carrot, sliced radish, shredded lettuce or spinach).

**Recipe adapted from:** Complete Canadian Diabetes Cookbook, Katherine E. Younker, Robert Rose Inc., 2005

Michele Blanchet, Registered Dietitian

[www.micheleblanchet.ca](http://www.micheleblanchet.ca)