



## California Walnuts Falafel & Tzatziki

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Enjoy a taste of the Mediterranean with this simple, yet flavorful vegetarian recipe. Serve garnished on top of flatbread, or mix into a salad for a quick and delicious meal.



### INGREDIENTS

#### CALIFORNIA WALNUT FALAFEL

2 cups **California walnuts**

2 ½ cups **garbanzo beans**, cooked

1 tablespoon **garlic**, chopped

1 tablespoon **parsley**, fresh, chopped

1 tablespoon **mint**, fresh, chopped

1 tablespoon **cumin**, ground

1 teaspoon **sea salt**

**Black pepper**, to taste

**Canola oil** for frying

#### TZATZIKI SAUCE

1 cup **Greek yogurt**, 2%, plain

½ cup **cucumber**, peeled, seeded, coarsely shredded

¼ cup **celery**, coarsely shredded

2 tablespoons **lemon juice**, fresh

¼ teaspoon **salt**

¼ teaspoon **pepper**

2 tablespoons **walnut oil** (optional)

### DIRECTIONS

#### CALIFORNIA WALNUTS FALAFEL

1. Whisk together *all* Tzatziki Sauce ingredients in a medium bowl until smooth, being careful not to over mix.
2. Process *all* falafel ingredients except oil in a food processor until well mixed.
3. Form 24 small balls or patties and refrigerate for 20 minutes.
4. Fry in canola oil in large skillet for 3 to 5 minutes or until golden brown; drain on paper towels. Serve warm with Tzatziki Sauce. Falafel may also be placed on a baking sheet and brushed with foil; bake at 400°F for 20 minutes until golden brown and cooked through.

**OPTIONAL ASSEMBLY ON FLATBREAD OR SALAD**

1. Grill flatbread on both sides to warm.
2. Place walnut falafel on bread and smear with tzatziki. Garnish with chopped tomato, lettuce and cucumber. Top with chopped California walnuts and drizzle with walnut oil and olive oil, if desired.

<b>TOTAL TIME</b>	<b>55 MINS</b>
COOK TIME	25 MINS
ACTIVE TIME	30 MINS
<b>SERVES</b>	<b>8 PEOPLE</b>
MEAL	DINNER, LUNCH
COURSE	ENTREES
<b>NUTRITION</b>	<b>350 CALORIES</b>
FAT	29g
SATURATED FAT	3g
TRANS FAT	0g
CHOLESTEROL	0mg
SODIUM	520mg
CARBOHYDRATES	17g
DIETARY FIBER	8g
PROTEIN	11g