

Middle Eastern Snack Tales



Bite-Size Falafel

Ingredients:

- * 2 (15 oz) cans chickpeas
- * 1 yellow onion, chopped
- * 3 cloves garlic, chopped
- * 1 c. fresh parsley leaves
- * 2 tbsp. flour
- * 1 tsp. baking powder
- * 1 tsp. ground cumin
- * 3/4 tsp. salt
- * 1/2 tsp red pepper flakes (optional)
- * Canola oil for frying

1. Combine chickpeas, onion, garlic, and parsley in food processor until puréed, about 30 seconds. Transfer to bowl and stir in flour, baking powder, cumin, salt, and red pepper flakes (if using). Cover and refrigerate 1 hour.
2. With wet hands shape the mixture into 1-inch round balls and set on a large plate (recipe should make about 12-14).
3. Pour 2 inches of oil into a deep fryer or large saucepan and set to medium-high heat. Using tongs, deep-fry the balls until golden brown (about 2 minutes each side). Transfer to a plate lined with paper towels. Serve with yoghurt tahini sauce!

Yoghurt-Tahini Sauce

Ingredients:

- * 3/4 cup plain yoghurt
- * 2 tbsp. tahini
- * 1 clove garlic, minced
- * 1 tbsp. fresh lemon juice

1. Stir together in a small bowl. Add salt and pepper to taste, and enjoy!

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Books to Read Along:

The Butter Man by Elizabeth Alalou
My Beautiful Birds by Suzanne Del Rizzo
Time to Pray by Maha Addasi

