



Falafel

Instructions:

Blend the ingredients in a food processor.

Coat a cookie sheet with 2 seconds of Pam.

With a small ice cream scoop, scoop balls of the mixture on to the baking sheet.

Spray with another second of Pam.

Bake on 350 for 45 minutes.

Serve with a salad made with any free vegetables (sauerkraut is recommended) and 1 TBSP. techina

Counts as 1 lunch

Prep Time:

10 minutes

Cook Time:

45 minutes

Ingredients:

15 oz. can of chick peas -
drained

1 small onion

1 TBSP. water

1 tsp. lemon juice

1 tsp. cumin

salt, pepper & garlic powder
to taste

Pam