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Creative Falafel

Ingredients

- 1.5 servings of falafel mix (about 0.65 cups dry)
- 1/2 whole wheat pita
- 4 oz grilled chicken breast
- 1/2 medium cucumber, chopped
- 1 small tomato, chopped
- 1/3 cup plain nonfat yogurt

Directions

1. Soak the falafel mix in water as directed on the box, and form a few balls from the dough.
2. Fry in a non-stick pan without oil, using a bit of Pam cooking spray if needed. I usually flatten the falafel balls a little in the pan and flip them repeatedly. It also helps to lower the heat and put a lid on the pan to cook them thoroughly.
3. Cut the chicken in cubes, adding some salt and pepper when grilling or reheating.
4. Chop the cucumber and tomato in small pieces and mix together with the yogurt, adding a dash of salt, and some fresh parsley if you have any.
5. Open the half pita, throw-in the cooked falafel and chicken, and put a layer of the yogurt sauce over it, saving the remainder for dipping.