**Falafels**

200 mL Chickpeas

1/8 Red onion, diced

5 mL Minced cilantro

5 mL Minced parsley

10 mL Lemon juice

25 mL Flour

7 mL Tahini

2 mL Garlic

1.5 mL Cumin

1 mL Coriander

1 ml Chili powder

1 mL Salt

1 mL Baking soda

0.5 mL Cayenne pepper

**Method:**

**Day 1:**

1) Add all ingredients to a food processor or blender, until mixture is the consistency of thick cookie dough. Transfer to ziploc, label and refrigerate.

2) Prepare pita dough, wrap and label.

**Day 2:**

1) Prepare pita bread.

2) Using about 30 mL of chickpea mixture, form into 6 balls. Flatten slightly using your hands to form 2 inch (5 cm) patties.

3) Heat 30 mL oil in skillet to medium low (4). Add patties to pan and cook for 3-4 minutes per side, until lightly browned.

4) Serve patties warm in pitas stuffed with lettuce, tomato, cucumber and tzatziki sauce.

**Pitas**

5 ml Yeast

150 mL Warm water

5 mL Sugar

350-400 mL Flour

3 ml Salt

30 mL Shortening

**DAY 1:**

1) Sprinkle yeast over warm water and sugar in a mixing bowl and proof for 5 minutes. Mix in 100 mL flour, salt, and shortening and beat for 2 minutes with a fork. Stir in as much of the remaining flour as needed.

2) Turn dough out onto a floured surface and knead until smooth and elastic, kneading in more flour if dough is sticky.

3) Place in an oiled ziploc and label with names and block.

**DAY 2:**

1) Preheat oven to 500°F

2) Divide dough into 4 equal portions; flour your hands and roll each piece into a ball, let rest for 10 minutes. Flatten the balls into rounds on a floured surface, let rest 10 more minutes. Gently roll each dough ball into a circle about 6 inches in diameter.

3) Bake until the pita breads puff up, 3 to 4 minutes. Flip and bake 2 more minutes. Let cool on wire racks before cutting pita breads in half and gently separating tops and bottoms to form pockets for filling.