

FALAFEL BITES WITH DILL DIP

Falafel Bites with Dill Dip

Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 8 bites with 1 Tablespoon dip)

Nutrition (per serving)

Calories: 169	Total Carbohydrate: 21
Total Fat: 6 g	Dietary Fiber: 4 g
Saturated Fat: 2 g	Total Sugars: 2 g
Sodium: 296 mg	Protein: 8 g

Ingredients

Bites

- Cooking spray
- 2 - 15 ounce cans no salt added garbanzo beans (chickpeas), drained and rinsed
- 1 large egg
- 1 cup whole wheat Panko bread crumbs (choose gluten free bread crumbs for GF version)
- 1/3 cup grated onion
- 1/2 cup shredded part-skim mozzarella cheese
- 1 teaspoon dried dill weed
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Dip

- ¼ cup light sour cream
- ¼ cup light mayonnaise
- 1 teaspoon dried dill weed
- ½ teaspoon dried parsley

Directions

1. Preheat oven to 450 degrees Fahrenheit. Spray baking sheet with cooking spray and set aside.
2. Combine beans, egg, bread crumbs, onion, cheese and seasonings in food processor. Process until smooth.
3. On a cutting board, roll mixture out into 6 long log-like shapes. Cut into small squares, (about 1 inch) and place on baking sheet.
4. Bake for 10 minutes, flip and bake another 7 minutes. Finish off by broiling for 1-2 minutes.
5. In a small bowl, mix all dip ingredients together.

To make bariatric diet friendly:

Cut portion size in half

Updated bariatric nutrition information: Calories 85, Total Fat 3g, Sat Fat 1g, Sodium 148mg, Total Carbohydrates 10.5g, Fiber 2g, Sugar 1g, Protein 4g