## **Ingredients**

Cucumber Sauce:

* 1 (6 ounce) container plain yogurt
* ½ cucumber - peeled, seeded, and finely chopped
* 1 tablespoon mayonnaise (Optional)
* 1 teaspoon dried dill weed
* salt and pepper to taste

Falafel:

* 1 (15 ounce) can chickpeas (garbanzo beans), drained
* 1 onion, chopped
* ½ cup fresh parsley
* 2 cloves garlic, chopped
* 1 large egg
* 2 teaspoons ground cumin
* 1 teaspoon ground coriander
* 1 teaspoon salt
* 1 teaspoon lemon juice
* 1 teaspoon baking powder
* 1 dash black pepper
* 1 pinch cayenne pepper
* 1 tablespoon olive oil
* 1 cup dry bread crumbs, or as needed
* 2 cups oil, or as needed, for frying
* 2 pita breads, cut in half (Optional)
* 1 cup chopped tomatoes (Optional)

## **Directions**

* Make sauce: Combine yogurt, cucumber, mayonnaise, dill, salt, and pepper in a small bowl; mix well. Chill in the refrigerator for at least 30 minutes.
* Make falafel: Mash chickpeas in a large bowl until thick and pasty; do not use a blender as the consistency will be too thin.
* Place onion, parsley, and garlic in a blender; blend until smooth. Stir into mashed chickpeas until well combined.
* Combine egg, cumin, coriander, salt, lemon juice, baking powder, black pepper, and cayenne in a small bowl. Stir into chickpea mixture along with olive oil. Mix in bread crumbs, a little at a time, until mixture holds together but is not sticky. Form mixture into 8 balls, then flatten into falafel patties.
* Heat 1 inch oil in a large skillet over medium-high heat. Fry falafels in hot oil until brown on both sides. Serve 2 falafels in each pita half, topped with chopped tomatoes and sauce.