

Mini Falafel Sandwiches



Yield: 16 sandwiches



Preparation : 10 minutes



Cooking : 3 minutes

- 125 ml (1/2 cup) of light mayonnaise
- 15 ml (1 tbsp) of granulated garlic
- 250 ml (1 cup) of canned chickpeas, drained
- 30 ml (2 tbsp) of tahini or hummus
- 180 ml (3/4 cup) of cooked quinoa
- 55 g (2 oz) of **Saputo Fetos** cheese
- 5 ml (1 tsp) of ground cumin
- 2 garlic cloves, chopped coarsely
- 15 ml (1 tbsp) of freshly squeezed lemon juice
- 15 ml (1 tbsp) of cilantro, chopped finely
- Salt
- 15 ml (1 tbsp) of olive oil
- 32 mini pitas
- Alfalfa sprouts, small bunch
- 4 slices of **Saputo Havarti** cheese, each slice quartered

Preheat the oven to 190°C (375°F).

Combine mayonnaise and granulated garlic in a bowl and set aside.

Place chickpeas, tahini, quinoa, **Fetos**, cumin, garlic and lemon juice in a food processor and puree until grainy. Add a little water if necessary. Fold in cilantro. Season to taste.

With your hands, shape the mixture into 4 cm (1 1/2 in) balls. Line a baking sheet with parchment paper and grease with olive oil. Place the falafel balls on the sheet in a single layer. Bake in the middle of oven 15 minutes or until slightly golden.

Warm the pitas by wrapping them in aluminum foil and placing them in the oven for a few minutes while the falafel are baking.

To make sandwiches: Place a few alfalfa sprouts on a warm mini pita, add a hot falafel ball, a mini-slice of Havarti cheese, and a small dollop of garlic mayonnaise. Top with another pita.

Serve immediately.