**Falafel with Tabbouleh**

**Produce**

garlic

1 yellow onion  1 bunch green onions

fresh mint leaves

2 bunches parsley

fresh dill

3 medium cucumbers

2 red bell peppers

2 green bell peppers

2 large zucchinis

3 large carrots

2 large tomatoes

5 lemons

**Canned/Dried Foods**

2 C. dried chickpeas

1 C. bulgur wheat

one 15 oz. can garbanzo beans (if making hommus)

high heat canola oil (if needed)

good olive oil (if needed)

flour and baking powder (if needed)

ground cumin (if needed)

ground coriander (if needed)

Asian garlic pepper sauce (if needed)

Tahini (if needed)

**Chilled Foods/Dairy**

plain, nonfat yogurt

**Additional Items**  
  
WW Pita bread