



Tuna Falafel Sandwiches

Portion size: 1 sandwich (4 falafels) • 17 servings

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

Ingredients

- 1 (66.5 oz) can Chicken of the Sea® Chunk White Albacore Tuna, drained
- 4 c Canned chickpeas, reserve 3 Tbsp liquid
- 2 tsp Cumin
- 1 tsp Cayenne pepper
- ½ tsp Paprika
- 4 Garlic cloves
- 2 Shallots
- 1 oz Cilantro
- 1 oz Parsley
- ½ c Flour
- Salt and pepper to taste
- 2 c Panko breadcrumbs
- 1 ½ c Vegetable oil
- 17 (6-inch) pitas, warmed
- 2 c Arugula

Preparation

1. Pulse tuna, chickpeas, cumin, cayenne, paprika, garlic, shallots, cilantro, parsley, flour, salt, and pepper until mixture holds together and ingredients are evenly combined.
2. Using #60 scoop, form falafels.
3. Toss falafels in breadcrumbs to coat. Refrigerate.
4. Heat vegetable oil in sauté pan over medium heat.
5. Cook falafels in batches until browned and heated through.
6. Top each pita with cucumber salad and 4 falafels. Drizzle with smoky honey tahini dressing.

Try this recipe for:

- Room Service
- Traditional Tray Service
- Retail/Café
- Catering
- Healthy Snacks

Please compare recipes against your own diet manual.



Nutrition Facts	
Amount Per Serving	
Calories 460	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 720mg	30%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 30g	
Vitamin A 10%	Vitamin C 35%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Tuna Falafel Sandwiches continued

Cucumber Salad

Ingredients

- 10 oz** Cucumber, diced
- 10 oz** Purple cabbage, shredded
- ¼ c** Red onion, diced
- ¼ c** Sun-dried tomatoes in olive oil
- Salt and pepper to taste

Preparation

1. Combine ingredients in large bowl. Refrigerate until ready to use.

Smoky Honey Tahini Dressing

Ingredients

- ¼ c** Tahini
- ½ c** Orange juice
- ½ tsp** Paprika
- ¼ tsp** Garlic powder
- 1 tsp** Lemon juice
- 1 tsp** Honey
- Salt and pepper to taste

Preparation

1. Combine ingredients in large bowl. Refrigerate until ready to use.



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