

RUNNER UP

Mini Mediterranean Fava Bean Bites

by Elizabeth Hanna, MS, RDN, CDCES

 **Prep:** 25 minutes

 **Serving Size:** 1 Bite **Servings per Recipe:** 12-15 Bites

INGREDIENTS

1 pack of chilled wonton wrappers
2 cans fava beans
2 Tbsp olive oil
½ cup red onion, *finely diced*
¾ cup tomato, *finely diced*
½ cup Persian cucumber, *finely diced*
½ cup parsley, *minced*
Juice of 1 lemon
1 ½ tsp cumin
1 tsp salt
½ tsp black pepper
Ready prepared Tahini sauce

DIRECTIONS

1. Preheat oven to 375°F.
2. Finely dice the tomato, cucumber, red onion, and minced parsley. Keep them to the side, separated.
3. Gently place wonton strips in muffin tray (you can also use silicone baking cups) and spray with cooking spray. Bake for 6-8 min to lightly crisp.
4. Drain and rinse fava beans and place in a large plate, leaving behind ~¼ cup of the water from one of the cans to keep the beans moist. Mash the fava beans well with a fork, leaving some pieces whole.
5. Add the fava beans to a hot nonstick pan and cook for 5 minutes. Add all the seasoning (salt, pepper, cumin) and mix well.
6. Add ½ cup of tomato and ¼ cup each of cucumber and red onion to the pan. Mix well and continue to cook for 2 more minutes.
7. You may taste and adjust for seasoning.
8. Turn off the heat and add the lemon juice and ¼ cup parsley. Mix well.
9. Spoon 2 Tbsp of the fava bean mixture into each lightly baked wonton strip and top with remainder of tomato, cucumber, onion, and parsley. Drizzle with prepared tahini sauce and serve.



Nutrition Information (per 1 bite serving)

Calories 100
Total Fat 3.5g
Saturated Fat .5g

Cholesterol 0mg
Sodium 280mg
Carbohydrate 14g
Fiber 3g

Sugars less than 1g
Added Sugars 0g
Protein 4g