



American-Styled Falafel with Mixed Salad Greens

Add a few more veggies into that Falafel

2-2/3 cups cooked lentils
6 Tablespoons Tahini, divided
1/2 cup fresh cilantro
1-1/2 teaspoons ground cumin
2 Tablespoons apple cider vinegar
1 teaspoon salt
1/2-pound plant-based ground beef
1/4 cup fine chopped onion
Avocado oil as needed

Dressing:

1/4 cup plain whole Greek yogurt
1/4 cup water
1/2 teaspoon salt
3 Tablespoons Tahini
Serve with: Fresh Greens as desired
Fresh cherry tomatoes, halved
Flat bread, cut as desired

Smoked paprika

- Preheat oven to 400 degrees F. Line a baking pan with parchment paper; spray generously with avocado oil.
- In a food processor, combine lentils, Tahini, cilantro, cumin, apple cider vinegar, and salt.
- Place in a bowl, mix in plant-based ground beef and onion.
- Using a meatball scooper, form mixture into about 12 balls.
- Place on oiled baking pan; spray the falafel with avocado oil; bake in preheated oven for 15 minutes.
- Remove from the oven; turn falafel over; spray with avocado oil; return to oven; bake for 10 minutes or falafel are browned and firm.

Prepare Dressing:

- In a small container, combine yogurt, water, salt, and Tahini, mixing until smooth. If the dressing is too thick, add an additional Tablespoon of water.
- Serve with fresh salad greens, tomatoes, and flat bread. Drizzle falafel with yogurt dressing; lightly sprinkle with smoked paprika. Yield: 12 Falafel with salad

About the Recipe: A popular recipe in the Middle East is Falafel, which usually contains chickpeas, spices, and herbs. Our Falafel uses lentils, spices, and cilantro. We added an American touch of plant-based ground beef for some added moisture. We also baked these rather than frying them. Serve them with a generous drizzle of olive oil and yogurt dressing in sandwiches or a snack appetizer platter.