

Falafel Tahini Salad

Swick

Makes 4 servings | Active Time: 30 minutes | Total Time: 35 minutes

Chef's Notes

Nutrition: Calories 332; Fat 16g ; Carbs 36g; Fiber 13g; Sugar 4g; Protein 16g; Cholesterol 0mg; Sodium 670mg; Vitamin A 5796IU; Vitamin C 24mg; Calcium 219mg; Iron 8mg

Step 1: Method

- 2 cups Green Lentils, cooked, drained and rinsed (380 grams)
 - 1/2 cup Chickpeas, cooked (83 grams)
 - 1/3 cup Tahini, divided (40 mL)
 - 1/2 cup Cilantro, finely chopped (8 grams)
 - 1 tsp Cumin (4 grams)
 - 1 tbsp Apple Cider Vinegar (15 mL)
 - 1 tsp Sea Salt, divided
 - 1/4 cup Unsweetened Coconut Yogurt (59 grams)
 - 1/4 cup Water (60 mL)
 - 2 tbsp Lemon Juice (30 mL)
 - 1 Garlic, minced
 - 1 tbsp Extra Virgin Olive Oil (15 mL)
 - 8 cups Baby Spinach (240 grams)
 - 1/2 cup Red Onion, Sliced (52 grams)
1. Preheat the oven to 350 F (177 C) and line a baking sheet with parchment paper.
 2. In a food processor or blender, combine the chickpeas, lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
 3. Form the mixture into balls using about 1 or 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
 4. Meanwhile, make the dressing by whisking together the yogurt, lemon juice, oil and garlic.
 5. Divide the spinach onto plates and top with the lentil tahini falafels, red onion and yogurt dressing.
- Enjoy!