

FALAFEL SALAD

Time: 30 minutes

Serves: 4

Ingredients:

19 ounce can chickpeas – rinsed and drained
¼ cup flat leaf parsley
2 cloves garlic – very finely chopped or crushed
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon plus ⅛ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
4 tablespoons plain low-fat yogurt
2 teaspoons tahini
½ teaspoon lemon juice
8 cups mixed greens
4 teaspoons harissa

Preparation:

Preheat your oven to 400F.

Place the chickpeas, parsley, one clove of garlic, cumin, coriander, ½ teaspoon of the salt and ⅛ teaspoon of the pepper in a food processor. Pulse until the mixture begins to stick together.

Form the falafel mixture into eight patties, place on a baking sheet and bake for twenty minutes.

While the falafels are cooking, make a tahini sauce by stirring together the yogurt, tahini, lemon juice, remaining clove of garlic, remaining ⅛ teaspoon of salt and ⅛ teaspoon of pepper.

Very carefully plate the falafels on the greens then top with the tahini sauce and harissa.

Nutritional Information Per Serving:

Calories: 156
Fat: 5g
Carbs: 20g
Fibre: 7g
Protein: 8g