cilantro falafel party plates



cook time:	prep time:	featured product:
10	**20**	**romaine heart leaves**

make your salad a mediterranean party with this cilantro falafel plates recipe! these homemade falafel are chock full of herbs and seasoned with our avocado cilantro dressing. served over our romaine heart leaves and topped with tomatoes, olives, cucumber and red onion, the only way this salad can get any better is by drizzling it with more dressing! whip up this salad recipe for a healthy and delicious lunch or dinner meal!

ingredients

4 servings

1 package **organicgirl© romaine heart leaves** ?
? cup **organicgirl© avocado cilantro dressing**
1 can (15 ounces) chickpeas, drained and rinsed
1 packed cup parsley leaves
1 packed cup cilantro leaves
½ medium onion, chopped
? cup all-purpose flour
2 garlic cloves, chopped
2 teaspoons cumin
1 teaspoon fine sea salt
1 teaspoon baking powder
½ teaspoon turmeric
¼ teaspoon cayenne pepper
2 tablespoons olive oil

substitutions

? *substitute with* **little gems**

directions

1. in a food processor combine chickpeas, parsley, cilantro, onion, dressing, flour, garlic, cumin, salt, baking powder, turmeric, and cayenne. pulse until finely ground, scraping down sides of bowl as necessary.

2. portion chickpea mixture into 2 tablespoon-sized balls, place on a piece of parchment paper and flatten slightly into cakes.

3. in a large nonstick skillet heat oil over medium, add falafel and cook, turning once, until browned on both sides, about 4 minutes per side.

4. in a large bowl, toss romaine, tomatoes, olives, cucumber, and onion with dressing, and divide between bowls.

5. top with falafel cakes and drizzle with more dressing.