



zesty green falafel

cook time:
10

prep time:
20

featured product:
baby spinach

this zesty green falafel is full of the hidden goodness of greens! surprise your guests or family with a fun and easy holiday appetizer or snack. enjoy all the classic flavors of falafel, with some extra baby spinach greens inside. serve with tahini sauce as a yummy appetizer, side dish or make into a classic falafel wrap by wrapping in a pita with even more spinach greens and veggies!



ingredients

4 servings

- 2 packed cups [organicgirl® baby spinach ?](#)
- 1 can (15 ounces) chickpeas, drained
- ¼ cup chopped parsley
- ¼ cup diced onion
- 3 tablespoons all-purpose flour or chickpea flour
- 2 garlic cloves, chopped
- 1 teaspoon fine sea salt, plus more for tahini sauce
- ½ teaspoon cumin
- ½ teaspoon coriander
- ½ teaspoon turmeric
- ? cup tahini
- 4 teaspoons lemon juice
- 2 tablespoons olive oil

substitutions

? *substitute with* [POWERHOUSE SPINACH BLEND](#)

directions

1. in a food processor combine chickpeas, spinach, parsley, onion, flour, garlic, salt, cumin, coriander and turmeric. pulse until finely ground and combined. use a ¼ cup measure to portion mixture and shape into patties.
2. in a small bowl whisk together tahini, ½ cup water, lemon juice and salt to taste. set aside.
3. in a large skillet heat oil over medium and add falafel. cook until browned on the bottom then flip and cook second side.
4. serve falafel with tahini sauce.