zesty green falafel



cook time:	prep time:	featured product:
10	**20**	**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.