

Falafel Tahini Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

2 2/3 cups Green Lentils (cooked, drained and rinsed)
1/3 cup Tahini (divided)
1/2 cup Cilantro (finely chopped)
1 tsp Cumin
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt (divided)
1/4 cup Unsweetened Coconut Yogurt
1/4 cup Water
8 cups Mixed Greens
1 cup Sauerkraut

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 03 Form the mixture into balls using about 1 to 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.
- 04 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 05 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	317	Carbs	36g
Fat	13g	Protein	18g