

## 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

½ 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.