

# Falafel Tahini Salad

10 ingredients · 30 minutes · 4 servings



## Directions

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

## Notes

### Leftovers

Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

### Serving Size

One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

### Additional Toppings

Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

### No Sauerkraut

Use pickled cabbage instead.

## 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