

Baked Falafel Salad with Tzatziki Dressing

Recipe By *Liz Martone*



Cooking and Prep:  45
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Serves:  4

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Chanukah, Nine
Days

Diet: Vegetarian, Pescetarian,
Gluten Free, Low Carb, Sugar
Free

Cuisines: Greek, Israeli

Easy baked falafel patties tossed in a Greek-inspired salad with lots of crunchy veggies, salty black olives, warm whole wheat pita, and a luscious, tangy tzatziki dressing.

Ingredients (22)

Salad

- 2 cups lettuce of choice (I used spring mix)
- 2 small tomatoes, sliced
- 1/2 small cucumber, peeled and sliced

1/2 cup **Gefen Sliced Black Olives**

pita on the side (*optional*)

1/2 small red onion, sliced

Falafel

15 ounces **Gefen Organic Chickpeas**

1/4 cup oat flour (grind old fashioned oatmeal until fine; use gluten-free oats if needed)

1/2 small red onion, chopped

2 cloves garlic

1/2 cup cilantro leaves

1/2 cup parsley leaves

1 teaspoon cumin

1/2 teaspoon salt

juice of 1 lemon

Tzatziki Dressing

1 cup plain Greek yogurt

1/4 small cucumber, diced

2 tablespoons fresh dill

1 tablespoon **Gefen Olive Oil**

juice of 1/2 a lemon

salt, to taste

pepper, to taste

Start Cooking

For the Falafel

1.)

Preheat the oven to 375 degrees.

2. In a food processor, grind up oats until fine. Add in garbanzo beans, spices, herbs, onion, and juice of half a lemon. Blend the ingredients until all of combined. The batter will be thick and stick when it's ready.
3. Form batter into small one- to two-inched patties (I used a one-inch cookie scoop) and place on a baking sheet. I typically get around 12 falafel out of a batch.
4. Spray or drizzle the falafel with olive oil and bake for 15 minutes. Flip the falafel over and bake for another 10-15 minutes, or until the outsides are crispy.

For the Dressing

1. Prepare the tzatziki dressing in a blender or food processor. Add all the ingredients (Greek yogurt, lemon juice, dill, olive oil, cucumber, salt, and pepper) to the food processor and blend until smooth. Chill the dressing until the salad is ready.

Assemble

1. Prepare your salad by adding lettuce of choice to a large bowl. Top the bowl with sliced tomato, cucumber, olives, and red onion. Last, add a few falafel to the top and pour on the tzatziki!

About

This recipe originally appeared on PumpkinAndPeanutButter.com