

## **Falafel Salad**

### **Tahini Dressing**

- 1/2 c tahini
- 6 T warm water
- 3 T lemon juice
- 2 T rice vinegar
- 2 T olive oil
- 2 t soy sauce or tamari
- 4 cloves garlic minced

In a medium-sized bowl, combine all Tahini Dressing ingredients until smooth, cover and refrigerate.

### **Spiced Chickpeas**

- 2 T olive oil
- 2 c chickpeas, soaked, cooked (makes 6 cups cooked)
- 4 T lemon juice
- 2 t maple syrup
- 2 t soy sauce or tamari
- 4 t smoked paprika
- 4 t ground cumin
- 2 t garlic powder
- 1 t kosher salt
- 3/4 t cayenne pepper

## **Falafel Salad**

- 4 large pita, split open and baked with a little olive oil, zaatar and herbamare salt
- 11 oz spinach leaves
- 3 cucumbers, sliced
- 3 carrots, grated or julienned

In a large skillet, heat the olive oil over medium-high heat. Add chickpeas and sauté for 3 to 5 minutes until they begin to turn golden and pop about a bit. In a small bowl, combine the juice, syrup and soy sauce, add to the chickpeas and cook for 30 seconds to evaporate. Add all the spices, cooking for 30 seconds longer. Remove from heat. Serve on a bed of spinach, cucumber, carrot and drizzled with Tahini Dressing. Garnish with pita chips. Can also all be tossed together in a large bowl. Serves 10 - 20.

**Jittery Cook**