

SPINACH FALAFEL

The salad bar is a must at every Whole Foods trip. Why? Because they usually have these little green falafel patties on the menu that are ridiculously delicious. I'll build the salad with some spring greens, falafel patties, and then top with some feta cheese, hummus, roasted red pepper, and olives for a Mediterranean approach. This is such a great lunch option, and I didn't want to rely on a salad bar anymore, so I found a recipe below (adapted from The Minimalist Baker).

RECIPE

4 cups baby spinach
1 15.5 ounce can chickpeas, rinsed and drained
3 medium to large cloves garlic, chopped
1 Tbsp tahini (sesame seed paste)
Juice of 1 lemon
1/4 tsp cumin
Sea salt and black pepper
3-4 Tbsp whole wheat flour
2-3 Tbsp olive oil for cooking

Add baby spinach, chickpeas, garlic, tahini, lemon juice, cumin, whole wheat flour and a pinch each salt and pepper to a food processor and pulse to combine. Taste and adjust seasonings as needed. Heat a large skillet over medium to medium-high heat and add 1 Tbsp oil at a time to coat pan. Make your falafel patties as you pan fry them- about 4 at a time at 3-4 minutes on each side. Place on paper towels to absorb excess oil.

Store in the fridge, layered with parchment paper in an airtight container, for several days or even freeze to keep longer.

TIP: This makes an easy pre-packed lunch option. Prep on Sunday for a M-F work week!

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