

# DECONSTRUCTED FALAFEL SALAD

BY AMY WEBSTER



Servings: 4-6

Prep time: 10 minutes | Cook time: 30 minutes

## CHICKPEAS

2 (15-oz.) cans of garbanzo beans, drained and rinsed, air dried  
2 Tbsp olive oil  
1 Tbsp cumin  
1 Tbsp coriander  
1 tsp onion powder  
1 tsp salt

## SALAD

1 bunch kale, chopped  
1 cucumber, sliced  
1 cup cherry tomatoes  
½ red onion, sliced  
¼ cup parsley  
¼ cup cilantro



## LEMON TAHINI DRESSING

¼ cup tahini  
¼ cup fresh lemon juice  
¼ cup water or vegetable broth  
2 cloves garlic  
Salt  
Black pepper

## DIRECTIONS:

- Preheat the oven to 400 degrees and line a baking sheet with parchment paper. Toss the drained and dried garbanzo beans in the olive oil, cumin, coriander, onion powder, and salt. Spread on the baking sheet and roast for about 30-40 minutes until the beans are crunchy and toasted on the outside. Remove from oven and allow to cool while preparing the salad.
- Combine the kale, cucumber, tomatoes, onion, parsley, and cilantro in a large bowl.
- To make the dressing combine the tahini, lemon, and garlic in a high-speed blender (or food processor) and add about half of water or vegetable broth. Blend until you have a smooth and thick but runny consistency, adding the remaining water or broth as needed. Salt and pepper to taste.
- Drizzle dressing over salad and top with roasted chickpeas. Enjoy!