

MEDITERRANEAN FALAFEL BOWL



Sandi Hann

quinoa, cook as directed on package
cucumbers, chopped
kalamata olives, pitted
feta cheese , crumbled
tomatoes, diced or cherry tomatoes sliced in two
red onion, chopped/or sliced thinly
parsley, chopped
hummus, see recipe or use store bought
falafel patties, see recipe or use store bought boxed or frozen
tahini sauce, *see Note
romaine lettuce, chopped
garbanzo beans, cooked as directed on package or use canned store bought

Cook quinoa

Prepare and fry falafels- either from scratch or boxed mix, or in frozen section of most health food stores
place on paper towel to drain off excess oil

Prepare hummus (if making from scratch)

Prepare tahini sauce

Chop cucumbers, tomatoes, onion, parsley and romaine lettuce

Place all items in appropriate size serving bowls

Each individual picks their own ingredients for their own Mediterranean bowl according to their likes and dislikes.

Bowls should be appropriate size for each completed individuals serving to hold all ingredients

Ingredients can either be made like a haystack meal - layered or with romaine on bottom of bowl with all other ingredients except tahini sauce placed circular on top of lettuce with hummus in center, then drizzled with tahini sauce.

* optional, can replace Kalamata olives, for regular black or green olives

** optional, can replace Falafels with potatoes - boiled, refrigerated to room temperature, peeled, and dry fried in skillet with seasoned salt

*** optional, can replace feta cheese with vegan feta to make this a vegan dish

**** can use other salad dressing as desired, such as olive oil, lemon, salt and pepper, or a tahini bottled dressing, or ranch dressing