



This vibrant and meatless salad is both delicious and filling, with just the right amount of heat and sweet. Toss with crispy baked pita bread pieces as “croutons” or with roasted, chopped almonds or pistachios.

Falafel Bowl with S’chug Dressing

Yield: 4 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per serving)
Cooked chickpeas (drained and rinsed, if canned)	2 cups	Calories 420 Fat 30g Cholesterol 0mg Sodium 430mg Carbohydrate 31g Fiber 4g Sugars 4g Protein 10g
SupHerb Farms Fusions® S’chug Paste	2 tbsp	
Garlic gloves, minced	1	
Ground cumin	1-1/2 tsp	
Salt and pepper	1/4 tsp, approx	
Chickpea flour (besan)	1/2 cup	DIETARY STATEMENTS
Paprika	1/2 tsp	Vegetarian / Vegan Dairy Free Egg Free
Vegetable oil	1/3 cup	
Extra virgin olive oil	2 tbsp	
Fresh lemon juice	2 tsp	
Chopped English cucumber	1 cup	
Cherry tomatoes, halved	1 cups	
Red onion, thinly sliced	1/2 cup	
Mixed Greens	4 cups	

PREPARATION

1. Place chickpeas, 2 tbsp of the S’chug Paste, the garlic, cumin, paprika and 1/4 tsp each of the salt and pepper in bowl of food processor fitted with metal blade; pulse until very finely chopped and well combined (but not smooth). Add flour; pulse just until incorporated.
2. Shape into 16 balls. Heat vegetable oil in straight-sided skillet over medium heat. Fry falafels, in batches, turning often, until golden and crispy on the outside, about 3 to 5 minutes.
3. Meanwhile, whisk remaining S’chug Paste with olive oil, lemon juice and pinch each salt and pepper. Toss with cucumber, tomatoes, red onion and mixed greens to coat.

TO SERVE

Spoon the salad with wide shallow bowls. Top with, or serve alongside, falafel balls.

TIPS

- For added richness and nutty flavor, whisk a few tablespoons tahini into dressing.
- Besan flour can be replaced with all-purpose flour, if preferred.
- Add brined or cured pitted black olives to salad, if desired.