

# **Quinoa Falafel with Tahini Sauce**

**Prep time:**

15 minutes

**Cooking time:**

25 minutes

**Yields:**

6 people

**Ingredients:**

**For the falafel:**

1 cup quinoa, cooked  
2 cups (1 can) chickpeas  
1/2 cup parsley, chopped  
2 cloves garlic  
1 teaspoon cumin powder  
1 teaspoon coriander powder  
3 tablespoons lemon juice  
3 tablespoon olive oil  
2 tablespoon tahini paste  
1 teaspoon paprika  
4 scallions, chopped  
Salt and pepper to taste

**For the Tahini Sauce:**

1/4 cup tahini  
1 lemon, juiced  
1 tbsp olive oil  
3 tbsp water, or more as needed to thin

1 clove garlic, minced

Pinch of sea salt

**Directions:**

**For the quinoa falafels:**

1. Place a rack in the center of the oven and preheat the oven to 450 degrees F. Grease a baking sheet with nonstick spray, set aside.
2. In a food processor, combine the chickpeas, parsley, garlic, cumin powder, coriander powder, lemon juice, olive oil, tahini paste, paprika, salt and pepper. Pulse until all the ingredients are thoroughly mixed and a thick paste forms.
3. In a large bowl, combine the chickpea paste, quinoa and chopped scallions. Divide the mix into 12 even patties. Alternately you can shape them into balls like real falafel.
4. Place on the greased baking sheet. Bake for 20 - 25 minutes or until lightly golden brown. After 12 minutes of cooking, gently flip the patties using a spatula for even browning.

**For the Tahini Sauce:**

5. In a medium bowl, combine all ingredients using a whisk or a rubber spatula.

Chef Mat Shalenko

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