

Falafel Rainbow Bowl

A delicious oil-free baked falafel bowl filled with greens, veggies, falafel, and tzatziki sauce.

Falafel Ingredients

- 2 cups dried garbanzo beans (chickpeas) or 4-5 cups cooked/canned
- 1 onion, roughly chopped
- 1 ½ cups parsley, chopped
- 1 cup cilantro, chopped
- 1 jalapeño, chopped
- 5 cloves fresh garlic, minced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp coriander
- 1 Tbsp cumin
- 1 tsp cardamom
- 1 tsp baking soda
- ½ tsp black pepper
- 1 Tbsp lemon juice
- 1 Tbsp lemon zest



To make the Tzatziki sauce, stir to combine the following ingredients in a bowl.

1. 1 cup yogurt
2. 1 cucumber, grated or finely diced
3. 1 Tbsp fresh lemon juice
4. ½ tsp garlic powder
5. ½ tsp onion powder
6. Salt to taste (optional)

For the Falafel Bowl,

- 2 cups mixed salad greens
- 2 cups cooked grain*
- 1 cucumber, chopped
- 1-2 tomatoes, chopped
- ½ purple onion, chopped
- Kalama olives, slivered
- Roasted red peppers, chopped
- Falafel
- Tzatziki sauce

Falafel Instructions

1. Cover and Soak garbanzo beans in water overnight.
2. After 12 hours, rinse and the garbanzo beans and place in an Instant Pot or pressure cooker and cover with water.
3. Cook on high pressure for 9 minutes, release pressure naturally. When complete, gently rinse the garbanzo beans in cool water and drain.
4. Meanwhile, preheat the oven to 400° F.
5. Using a food processor chopping blade, pulse the onions until finely diced. Then spoon the onion mixture into a large mixing bowl.

6. Pulse the cilantro, parsley, garlic, and jalapeño next. Then add to the mixing bowl.
7. Pulse the cooked garbanzo beans 2-4 times. You do not want this mixture smooth or the falafel will be too mushy and not hold its form. You should see bits of bean.
8. Spoon the garbanzo beans into the bowl and add all of the remaining ingredients.
9. Stir to combine.
10. Shape into 1-inch balls and place on a baking sheet with parchment or silicon mat.
11. Bake for 20 minutes or until lightly golden on top.

Notes

- Do not overbake the falafel or they will be too dry.
- You can use any kind of whole grain: quinoa, sorghum, millet, bulgur, couscous.