

Crispy Falafel on a Chopped Greek Salad

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Crispy Falafel Recipe:

- **Yield:** 11-12 falafel patties
- **Prep Time:** 20 minutes
- **Cook Time:** 30 minutes
- **Total Time:** 50 minutes (plus at least 10-hour soaking time)

Ingredients:

- ¼ cup + 1 tablespoon avocado oil
- 1 cup dried (uncooked) garbanzo beans, rinsed, picked over, and soaked for at least 10 hours and up to 24 hours in the refrigerator
- ½ cup roughly chopped red onion (about ½ small red onion)
- ½ cup packed fresh parsley (mostly leaves)
- ½ cup packed fresh cilantro (mostly leaves)
- 4 cloves garlic, quartered
- 1 teaspoon kosher salt
- ½ teaspoon (about 25 twists) freshly ground black pepper
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon

Procedure:

1. With an oven rack in the middle position, preheat oven to 375 degrees Fahrenheit. Pour ¼ cup of the avocado oil into a large, rimmed baking sheet and turn until the pan is evenly coated.
2. In a food processor, combine the soaked and drained garbanzo beans, onion, parsley, cilantro, garlic, salt, pepper, cumin, cinnamon, and the remaining 1 tablespoon of avocado oil. Process until smooth, about 1 minute.
3. Using your hands, scoop out about 2 tablespoons of the mixture at a time. Shape the falafel into small patties, about 2 inches wide and ½ inch thick. Place each falafel on your oiled pan.
4. Bake for 25 to 30 minutes, carefully flipping the falafel halfway through baking, until they are deeply golden on both sides. These falafel keep well in the refrigerator for up to 4 days, or in the freezer for several months.

Chopped Greek Salad Recipe:

- **Yield:** 4 entrée salads
- **Total Time:** 30 minutes

Ingredients:

- 10 ounces chopped spinach or romaine lettuce (about 2 medium heads of romaine, chopped)
- 1 pint grape tomatoes, halved
- 1 medium English cucumber, chopped
- 1 yellow or orange bell pepper
- ½ medium red onion, chopped (about 1 cup)
- ½ cup chopped fresh parsley
- ½ cup pitted and halved Kalamata olives
- 6 ounces feta cheese

Procedure:

1. In a large serving bowl, combine the chopped spinach/lettuce, tomatoes, cucumber, bell pepper, onion, parsley, olives, and feta. Toss the ingredients together and set aside.

Greek Vinaigrette Dressing Recipe (To Dress Chopped Greek Salad):

Ingredients:

- ½ cup avocado oil
- ¼ cup red wine vinegar
- 2 medium cloves garlic, pressed or minced
- 2 teaspoons dried oregano
- 1 teaspoon honey or maple syrup
- ½ teaspoon salt, more to taste
- Pinch of red pepper flakes, for heat (optional)

Procedure:

1. To prepare the vinaigrette, combine all of the ingredients in a liquid measuring cup, Mason jar, or OXO's Twist & Pour Dressing Mixer. Whisk (or twist) until blended. Taste, and add more vinegar if you'd like a more tangy dressing, or more honey/maple syrup for a more tame dressing.
2. If you'll be serving all of the salad at once, go ahead and drizzle enough dressing on to lightly coat the salad and toss to combine. Or, you may want to store the salad and dressing separately so you can enjoy it for a few days. Whisk the dressing again before drizzling.