

Falafel Salad

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/falafel-salad-recipe-indian>

Ingredients:

- 2 Persian cucumbers washed and chopped, may also sub 1 medium English cucumber, with seeds removed
- 4 cups mixed greens chopped, we like to use a mix of Iceberg, green leaf lettuce and escarole. Romaine or boston lettuce work too.
- 1 cup cherry tomatoes cut into halves
- 1/4 cup diced red onion
- 1/4 cup Kalamata olives whole or pitted and cut into halves
- 2 tablespoons fresh chopped parsley
- 6 falafel our favorite recipe
- hummus our favorite recipe
- 1/4 cup Tahini
- 1 garlic clove grated or finely minced
- 1 lemon juiced
- 1/4 teaspoon fresh dill finely chopped
- 1/4 teaspoon fresh parsley finely chopped
- fine sea salt
- black pepper
- water as needed to thin out

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 27 grams
3. Fat: 13 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 370 milligrams
8. Sugar: 5 grams

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