

CARROT FALAFELS

Contributed by Nancy Riedesel & Sheri Yohe (The Chefettes)

Makes about 14 falafels.

Ingredients:

2 cups carrot pulp (process the carrots through a juicer with the blank)
½ cup sesame seeds, ground
1 cup walnuts, chopped
2 tablespoons ground flax seed
1 teaspoon salt
1 tablespoon lemon juice
¼ cup cilantro, chopped
2 cloves garlic, finely minced (or 1 tsp. granulated garlic)
2 tablespoons green onion, finely chopped
½ teaspoon coriander
½ teaspoon cumin

Directions:

1. Process the carrots through the vegetable juicer with the blank instead of the screen. This way you catch the pulp and juice together. *If you don't have a juicer you may do it all in a food processor but may need to add more water to achieve the right texture.
2. Combine the carrots and the rest of the ingredients together in a food processor and process until all are chunky and thoroughly combined.
3. Using a ¼ cup scoop, measure the mixture and roll the mixture into balls in your hands then flatten the balls slightly (*using gloves is sanitary, makes forming the falafels easy, and keeps your hands clean).
4. Place the falafels on a mesh dehydrator sheet.
5. Dehydrate them at 105.F for 4 hours.

Falafel Assembly:

1. Place about 3 tablespoons of Cauliflower Couscous on a fresh young collard green or green leaf of choice.

2. Place 1 or 2 falafels on top of the Cauliflower Couscous.
3. Spoon raw Tzatziki sauce over the falafels.
4. Roll the leaf wrap sides together, pin with a toothpick to hold together and enjoy.

Storage and Serving Tips:

- To assemble falafels I place 3 tablespoons of Cauliflower Couscous on a young collard leaf with the stem partially removed, then place two falafels on the Cauliflower Couscous. Top the falafels with Tzatziki Sauce
- The falafels will keep for several weeks when stored in the freezer.

Nutrition:

Carrots are high in beta-carotene, that orange color. This has been reported to be very good for vision, immunity and overall health. It is the pre-cursor to vitamin A. Just 1 cup of chopped carrot contains 21,383 IU's of vitamin A! Carrots are also rich in vitamin K and folate as well as being rich in minerals such as: calcium, magnesium and potassium.