

# Faux Falafel Wraps

**Servings 6- 8**

## **Faux Falafel Ingredients:**

- Walnuts (1 cup)
- Chickpeas (15 oz can- drained & rinsed)
- Juice of 1 lemon
- Leaves of cilantro and parsley (1/3 cup each)
- 1 red onion (quartered)
- 3 Garlic cloves (roughly chopped)
- 1-2 tsp cumin
- 1 ½ tbsp baking powder
- 1-2 tsp salt and pepper (optional)
- Olive oil (2-4 tbsp)
- Parchment paper or cooking spray

## **Tahini Dressing Ingredients:**

- Juice of 1 lemon
- 2tbsp tahini
- 1 clove of garlic finely chopped
- 1/4c water

## **Wrap Ingredients:**

- 8 leaves of collard greens, cabbage or Boston Bibb
- Tomato slices
- Cucumber slices

## **Directions:**

Preheat oven to 400°F. In a food processor or blender, grind walnuts. Add the rest of the ingredients to the walnuts and blend well, adding olive oil and scraping down sides of the bowl occasionally. Using an ice cream scoop, portion out mixture onto lined or greased baking sheets; flatten each mound to shorten cooking time. Cook for 10-15 min. then flip and cook for an additional 10 minutes.

Tahini Dressing: whisk ingredients together until well blended; add more water for thinner texture. Place 1-2 Faux Falafels on a leaf in place of a wrap and garnish as desired.

## **Nutrient facts:**

Calories: 225 for 2 Faux falafels and dressing; 16 gm. fat; <2 gm. sat. fat; 12 gm. carbs; 7gm. fiber; 6 gm. pro.

Recipe adapted from Raw.Vegan. Not Gross <https://youtu.be/LHKmirXnkFY>