

# Honeynut Squash Falafel

in toasted pita with roasted beets, turnip greens and tahini vinaigrette

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## INGREDIENTS:

- 1 lb chickpeas 1lb
- 1 ½ c parsley
- 1 ½ c cilantro
- 1 carrot
- 1 onion
- 3 garlic cloves
- 1 tbsp baking powder
- 1 tbsp sea salt
- 2 tsp ground cumin
- 2 tsp ground turmeric
- 1 ½ c water
- 1 c grated honeynut squash

## METHOD:

Soak chickpeas overnight in the fridge.

Drain chickpeas and combine with all other ingredients.

Puree in a blender, adding water as needed to bind the falafel. Transfer falafel mix to a small mixing bowl and fold in the grated honeynut squash. Form into small patties and deep fry at 350 degrees F.

For the tahini sauce, mix tahini with vinegar until smooth.

Serve the falafel in a toasted whole wheat pita, garnished with turnip greens and beets. Drizzle with the tahini sauce.

