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Cheers to meal prepping and feeling awesome!

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## Falafel Salad with Green Tahini Sauce

3 servings  
30 minutes

### Ingredients

- 3/4 cup Oats (quick or traditional)
- 2 cups Lentils (cooked, drained and rinsed)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 2 cups Parsley (divided)
- 1 Lemon (juiced and divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Tahini
- 1/4 cup Water
- 4 cups Baby Spinach (or mixed greens)

### Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

### Notes

**Speed It Up:** Skip making the tahini sauce and serve with hummus instead.