

Millet Falafel



Ingredients:

2 cups cooked millet [or 1 cup millet and 1 cup chickpeas (soaked 24 hours)]

1 cup parsley

1/2 cup cilantro

1/2 cup dill

3 cloves garlic

1/2 cup red onion

1/4 cup fresh lemon juice

1 teaspoon baking powder

1 teaspoon ground cumin

1 teaspoon coriander

1/8 teaspoon cayenne pepper

Salt and pepper to taste

1/4 cup water (if needed)

Directions:

Cook the millet. This can be made ahead of time and refrigerated for up to a week. I like to make the millet the day before so it is chilled, and if I am adding chickpeas, I start them soaking at the same time.

Ingredients:

1 cup uncooked millet

3 cups water

Directions:

Pour millet into boiling water and simmer for 25 minute

Place all of the ingredients into a food processor. Pulse until everything is combined but still slightly chunky. If it appears too dry, add 1/4 cup of water a little at a time until it forms a thick paste. Spread baking sheet with parchment paper. Then scoop out tablespoonfuls of mixture and shape them into small balls or patties. Bake at 350° F for 30 minutes, flipping them at 15 minutes. Serve with non-wheat pita bread or lettuce leaves, cucumber, red onion, tomato, dark green leafy lettuce, Kalamata olives, bell peppers. Or make a salad with them. Use these as well: Hummus, Tahini Sauce, Tzatziki Sauce

Hummus

The most basic ingredient for hummus is chickpeas (or garbanzo beans). For every one cup of cooked chickpeas, you will need two tablespoons of tahini paste and two tablespoons of lemon juice. You should also have salt and pepper on hand for seasoning purposes. Feel free to play around with additional herbs and spices depending on what flavor profile you want your hummus to have – cumin, garlic powder, paprika, oregano, etc., are all great options!

Basic Recipe

1 cup cooked chickpeas (soaked 24 hours, then cooked 1-3 hours)

2 Tablespoons tahini paste

2 Tablespoons lemon Juice

Directions:

Blend ingredients until everything is mixed together evenly and then season with salt and pepper (or whatever other herbs/spices you plan on using). Blend until everything is smooth and creamy – this should only take about five minutes (or less!) if you're using a powerful blender or food processor. Finally, scrape down the sides of your blender/processor as needed before transferring your freshly made hummus into a bowl or container.

Making Your Own Variations

Customize the recipe by adding some roasted red peppers or kalamata olives into the mix while blending everything together!

Add a dash of sriracha sauce before blending or try adding some nut butter. Get creative!

Tahini

Ingredients:

½ cup raw tahini

¼-½ cup water

6 tablespoons lemon juice, fresh

3 cloves garlic, minced

½ teaspoon onion powder

¾ teaspoon salt

Directions:

Blend, add water gradually until the desired consistency is reached.

Tzatziki

Ingredients:

1/2 cup grated cucumber

1 cup coconut yogurt

1 tablespoon lemon juice, fresh

1 garlic clove, minced

¼ teaspoon sea salt

1 tablespoon dill, chopped

Directions:

Squeeze excess water out of grated cucumber, then combine ingredients. Keep chilled.