

Falafel Roll-ups and Tabbouleh

Back in September you froze leftover falafel. Tonight you'll put it to use and make some delicious dinner roll-ups. If you don't have leftover falafel, Chickenless Tenders will work just fine. Add some tabbouleh salad and a piece of fruit, and you've got a refreshing meal.

This AM...

Pull 8 falafel pieces from the freezer and transfer to a plate in the fridge for the day.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Tzatziki Sauce is always nice to have on hand and is a wonderful addition to these roll-ups. You'll find the recipe in "Tips and Time Savers." If you wish to add it to the meal, make the Tzatziki first. Prep and organize all other ingredients. Prep a total of 1-1/4 C. chopped cucumber: 3/4 C. for the Tabbouleh and 1/2 C. for the Roll-ups. Prep a total of 1-1/2 C. chopped tomato for this meal: 1 C. for the Tabbouleh and 1/2 C. for the Falafel Roll-ups.

Tabbouleh Salad

Bulgur:

1 C. uncooked bulgur
plus
2 C. water

Tabbouleh Salad:

2 cloves garlic (smashed and chopped)
2/3 C. or 4 green onions (washed and chopped, including green portion)
3/4 C. cucumber (peeled and chopped)
1 T. mint leaves (chopped)

3/4 C. parsley (chopped)

2-1/2 C. cooked bulgur
1/4 C. fresh lemon juice
3 T. olive oil
pinch of salt

1 C. Roma tomatoes (chopped)

Quick Tahini Sauce

2 T. mayonnaise or Veganaise
1 tsp. prepared mustard
2 tsp. tahini
1 tsp. rice wine vinegar
1/4 tsp. garlic powder
1/4 tsp. onion powder

Falafel Roll-ups

Two 10" whole grain tortillas
2 tsp. mayonnaise or Veganaise
8 Falafel pieces (sliced into 1/2" slices)
1/2 C. cucumber (peeled and chopped)
1/2 C. tomato (chopped)
2 large leaves red leaf lettuce (rolled and chopped)
2 T. tahini sauce (above)

2 tsp. crumbled feta cheese

Fruit finish:

12 fresh strawberries or seasonal cherries

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by placing bulgur and water in a small saucepan and bringing it to a boil. Turn off heat, cover and let stand on burner for 20 minutes.

- Make Tzatziki Sauce now if using it today. (See Tips and Timesavers.)

Tabbouleh Salad

1. Place chopped garlic, green onions, cucumber, mint leaves and parsley in a large bowl.
2. Add cooked bulgur and toss well.
3. Mix lemon juice, oil and salt together and pour over salad. Toss well.
4. Add the chopped tomatoes and toss one more time.
5. Set aside.

Quick Tahini Sauce

Place all tahini sauce ingredients in a bowl and stir well. Set aside.

Roll-ups, Plate Meal

As you create the successful roll-up, you need to keep some of the tortilla uncovered. If it's too full, you won't be able to successfully fold and roll it. Leave about 1" of the surface uncovered all around the tortilla. You'll only need mayo on half of the tortilla. Fold and roll the tortilla around the filling, rolling toward the tortilla half with the mayonnaise. The mayo helps seal the roll-up together.

1. Sprinkle two 10" tortillas with water. Place directly on turntable of microwave. Cover with a large plate and microwave 25 seconds.
2. Spread 1/2 of each tortilla with mayonnaise.
3. Place sliced falafel pieces down center of tortilla.
4. Cover falafel with chopped cucumber, tomato and lettuce.
5. Spoon a line of Quick Tahini Sauce (and Tzatziki Sauce if you're using it) alongside the fillings.
6. Sprinkle with feta crumbles.
7. Fold in ends of tortilla and roll the tortilla to create a roll-up.

Serve roll-ups along with 1 cup of tabbouleh. Place fruit of choice along edge of plate. The fruit adds color and interest on the plate while filling out the nutritional profile.

What I've Learned from this Recipe

Let us know what you think, and ask any questions you may have! chezdon@plate6.com