

FALAFEL RAINBOW SPINACH WRAP WITH MANGO DRIZZLE

Ingredients

1 c. sweet potato
2 c. roughly chopped onion
4 tsp. garlic
2 tbsp. minced ginger
2 c. cooked chickpeas, drained & rinsed
1 c. lightly packed parsley leaves
1 c. lightly packed cilantro leaves
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ tsp. chili powder
2 tsp. cumin
1 tbsp. sesame seeds
 $\frac{3}{4}$ c. white flour plus more for rolling out
Canola oil for sautéing
Homemade Spinach tortillas

Procedure

1. Grate sweet potato. Place in bowl.
2. Add the onion, garlic and ginger to the food processor and pulse until just mixed. Place mixture in bowl with sweet potato from step 1 and set aside.
3. Add the chickpeas, parsley, cilantro, salt, pepper, chili powder, cumin and sesame seeds to the food processor and pulse until roughly blended.
4. Place all ingredients from steps 1 -3 together in a large mixing bowl. Fold in flour by hand. Add $\frac{1}{4}$ c. flour plus more if needed.
5. With floured hands, form mixture into 10 balls and then each ball into a patty. Dust patties with flour and place on parchment paper.
6. Place a non-stick fry pan on the stove and add canola oil. Let pan preheat for about 3 minutes before adding falafel. Brown on one side then flip and brown on second side.
7. Place cooked falafel on foil lined cookie sheet. Lightly cover with foil and place in oven to keep warm if needed.
8. To serve, place falafel in Spinach Wrap, add Vegetable Rainbow Topping & Mango Drizzle.

MANGO DRIZZLE

Ingredients

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| 2 mangoes, peeled and cut into chunks | 1 bunch mint |
| 1 lime, zested and juiced | 1 tsp. Sambal |
| 1 c. rice wine vinegar | $\frac{1}{4}$ c. sugar |
| 1 bunch cilantro | 1 tbsp. salt |

Procedure

1. Carefully prepare the mango discarding the large seed. Place in blender.
2. Zest the lime and juice it and place both in blender.
3. Place rice wine vinegar in blender with ingredients from steps 1 & 2, begin to puree.
4. Wash the cilantro, mint and coarsely chop then add to blender.
5. Add the Sambal, sugar and salt to blender and puree until smooth and fairly thick.

SPINACH WRAP

Ingredients

- $\frac{1}{2}$ c. thawed frozen spinach, drained & finely chopped
- 1 $\frac{1}{2}$ c. whole wheat flour
- 1 $\frac{1}{2}$ c. white flour
- $\frac{1}{2}$ tsp. baking powder
- 1 tsp. salt
- 5 tbsp. coconut oil
- $\frac{3}{8}$ to 1 c. water

Procedure

1. Squeeze water out of spinach and finely chop. Measure $\frac{1}{2}$ c. and place in small bowl.
2. In a medium bowl, measure and beat with a hand mixer the whole wheat flour, white flour, baking powder, salt and coconut oil.
3. Add spinach to flour mixture and mix well with mixer.
4. Add $\frac{3}{8}$ c. water in a steady stream as you are using beater. Add more water if needed.
5. Knead dough with floured hands and roll into 10 balls. Cover with dishcloth.
6. Let rest 10 minutes.
7. Heat a fry pan on medium. Spray with cooking spray.
8. Roll out each dough ball into a thin circle using a small amount of flour.
9. Cook in fry pan about 20 seconds on each side.
10. Place each tortilla on a plate and cover with damp dishcloth.

VEGETABLE RAINBOW TOPPING

Ingredients

- 3 c. chopped kale
- $\frac{1}{8}$ head purple cabbage
- $\frac{1}{8}$ head green cabbage
- $\frac{1}{4}$ c. celeriac, peeled, grated
- $\frac{1}{4}$ c. purple carrots, scrubbed, skin left on, grated
- $\frac{1}{4}$ c. sunchoke, grated
- $\frac{1}{2}$ c. delicata squash, skin on, grated
- $\frac{1}{2}$ c. chiongia beets, peeled, grated
- $\frac{1}{2}$ c. kohlrabi, peeled, grated
- $\frac{1}{2}$ c. thinly sliced scallions

Procedure

1. Tear large kale leaves from heavy vein and wash in salad spinner. Layer and roll 4 to 5 kale leaves and cut into thin strips (chiffonade), set aside.
2. With the exception of the scallions, as each of the remaining vegetables are prepared, place in food processor and grate.
3. Thinly slice scallions.
4. Place the grated veggies, scallions and kale in a medium bowl. Gently toss.

Ingredients for Vegetable Rainbow Topping Dressing

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|------------------------------------|---------------------|
| 2 tsp. minced garlic | 1 tbsp. brown sugar |
| 1 tsp. minced ginger | 1 tsp. sesame oi |
| 1 tbsp. soy sauce | 2 tsp. olive oil |
| 4 $\frac{1}{2}$ tsp. lime juice | 2 pinches salt |
| 4 $\frac{1}{2}$ tsp. cider vinegar | |

Procedure for Dressing

1. Mince garlic and ginger and place in medium bowl.
2. Add the rest of the dressing ingredients to the bowl and whisk to blend.
3. Gently mix dressing into the bowl of grated vegetables.