

## Falafel Salad

### Ingredients:

- ❖ 2 cups of mixed lettuce leaves
- ❖ 4 sesame falafels (store bought)
- ❖ ½ cup of skinny hummus dip
- ❖ ½ cup of light Tzatziki dip
- ❖ ¼ cup of cucumber, diced
- ❖ ¼ cup tomato, diced
- ❖ ¼ cup of red onion, thinly sliced
- ❖ ¼ cup of lowfat cheddar cheese
- ❖ ½ cup of tabouli (from local deli)



### Method:

Toss together salad ingredients (lettuce leaves, tomato, cucumber, cheese, onion and tabouli) then place on serving plate. Next heat falafels in microwave or in a frying pan. Once cooked through cut into halves and sprinkle over salad. Next place dips in 2 separate ziplock bags, each with a small hole cut in one corner. Then squeeze dip towards the hole and drizzle over salad in a zigzag pattern.