

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Falafel Sliders with Kale Tabbouleh, Spicy Tahini Sauce and Papaya Chutney

Inspiringly beautiful, this fresh and colourful take on a Middle Eastern staple is designed to kick any winter blues that come your way. Aside from their wow factor, these sliders are a very high source of fibre and protein and manageable for little hands, and the falafels freeze like a dream. You can also use the falafels on their own as a salad topper, for instance with our Traditional Greek Salad (page 72).

*Preparation time 30 minutes
Cooking time 40 minutes*

*Per 1 slider/135 g serving:
260 calories; 10 g total fat;
36 g total carbs; 7 g fibre;
6 g sugar; 11 g protein;
490 mg sodium.*



Recipe and photograph taken with permission from The Long Table Cookbook, plant-based recipes for optimal health by Amy Symington Food Therapy Episode #46

Because What You Put In Your Body Matters!

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Falafel Sliders

6 servings

24 servings

ingredients

instructions

1 Tbsp (15 mL)	1/4 cup (60 mL)	ground flaxseed water
4 1/2 tsp (22 mL)	6 Tbsp (90 mL)	olive oil
1 1/2 tsp (7.5 mL)	2 Tbsp (30 mL)	finely chopped onions
1/4 cup (60 mL)	1 cup (250 mL)	garlic, minced
2 cloves	6 cloves	cooked chickpeas
2 cups (500 mL)	8 cups (2 L)	low-sodium vegetable stock
2 Tbsp (30 mL)	1/2 cup (125 mL)	chopped curly parsley leaves
2 Tbsp (30 mL)	1/2 cup (125 mL)	chickpea flour
1/2 cup (125 mL)	2 cups (500 mL)	baking powder
1/2 tsp (2.5 mL)	2 tsp (10 mL)	ground cumin
1 tsp (5 mL)	4 tsp (20 mL)	chili powder (optional)
1/4 tsp (1 mL)	1 tsp (5 mL)	sea salt
1/4 tsp (1 mL)	1 1/2 tsp (7.5 mL)	black pepper
1/8 tsp (0.6 mL) —	1/2 tsp (2.5 mL) —	Papaya Chutney
		mini pitas

Preheat oven to 375F (190C). Line baking sheet(s) with parchment paper and set aside.

In a small bowl, mix ground flaxseed with water. Set aside to allow to thicken.

Heat a medium sauté pan over medium heat, then add oil. Once heated, add onions and sauté until soft, about 3 to 5 minutes. Add garlic and chickpeas and sauté until garlic is fragrant, about 1 to 2 minutes.

In a food processor, combine the onion and chickpea mixture, the flaxseed mixture and the vegetable stock, parsley, chickpea flour, baking powder, cumin, chili powder (if using), salt and pepper. Process until the ingredients are thoroughly combined. (For 24 servings you will need to process in batches.)

Take a heaping 1/4 cup (60 mL) of the mixture and form into a ball. Place on a prepared baking sheet. Repeat with remaining mixture, spacing the balls an inch apart.

Transfer to the oven and bake for 40 minutes, flipping the falafels after 20 minutes. Remove from oven. If freezing, allow falafels to cool and then place into a resealable container or bag. Store in the freezer for up to 3 months.

Meanwhile, in a medium bowl, thoroughly combine all kale tabbouleh ingredients. Set aside.

For the spicy tahini sauce, whisk together all ingredients in a small bowl until smooth. Set aside.

Then prepare the papaya chutney (see recipe).

To assemble the falafel sliders, open the mini pitas and spread spicy tahini on the bottom. Layer with kale tabbouleh, a falafel and some more spicy tahini, then top with papaya chutney. (You can also serve the sliders with your favourite hot sauce and non-dairy yogurt.)

Kale Tabbouleh

1/2 cup (125 mL)	2 cups (500 mL)	roughly chopped curly parsley
1/2 cup (125 mL)	2 cups (500 mL)	roughly chopped kale
2 Tbsp (30 mL)	1/2 cup (125 mL)	finely chopped red onions
2 Tbsp (30 mL)	1/2 cup (125 mL)	finely diced red pepper
2 tsp (10 mL)	3 Tbsp (45 mL)	olive oil
1 tsp (5 mL)	1 1/2 Tbsp (22 mL)	fresh lemon juice
(about 1/8 lemon)	(about 3/4 lemon)	
1/4 tsp (1 mL)	1 tsp (5 mL)	sea salt
1/8 tsp (0.6 mL)	1/2 tsp (2.5 mL)	black pepper

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Spicy Tahini Sauce

6 servings	24 servings	ingredients
3 Tbsp (45 mL)	3/4 cup (180 mL)	tahini
2 Tbsp (30 mL)	1/2 cup (125 mL)	water
1 Tbsp (15 mL)	1/4 cup (60 mL)	fresh lemon juice
(about 1/2 lemon)	(about 2 lemons)	
2 tsp (10 mL)	3 Tbsp (40 mL)	maple syrup
1 clove	4 cloves	garlic, pureed
1/8 tsp (0.6 mL)	1/2 tsp (2.5 mL)	sea salt
1/8 tsp (0.6 mL)	1/2 tsp (2.5 mL)	cayenne

Preparation time 15 minutes

Cooking time 20 to 25 minutes

Papaya Chutney

6 servings	24 servings	ingredients
1 tsp (5 mL)	4 tsp (20 mL)	grapeseed oil
3 cloves	12 cloves	garlic, pureed
1	4	jalapeno, seeded and minced
1 tsp (5 mL)	4 tsp (20 mL)	coriander seeds, crushed
1/2 tsp (2.5 mL)	2 tsp (10 mL)	yellow mustard seeds, cracked
1 small (about 3 cups/750 mL)	4 small (about 12 cups/3 L)	ripe papaya, cut into 1/4-inch (0.6 cm) dice
1 Tbsp (15 mL)	1/4 cup (60 mL)	lime zest
4 tsp (20 mL)	1/3 cup (80 mL)	fresh lime juice
(about 1 lime)	(about 3 limes)	
1 Tbsp (15 mL)	1/4 cup (60 mL)	apple cider vinegar
1 Tbsp (15 mL)	1/4 cup (60 mL)	pureed ginger
1 Tbsp (15 mL)	1/4 cup (60 mL)	maple syrup
1/2 cup (125 mL)	2 cups (500 mL)	water
1/8 tsp (0.6 mL)	3/4 tsp (4 mL)	salt

instructions

Heat a saucepan over medium heat, then add oil. Once heated, add garlic, jalapenos, coriander and mustard seeds and sauté until fragrant, about 1 minute (3 minutes for 24 servings). Add the remaining ingredients, except salt, and stir. Bring to a boil, reduce heat and allow to simmer for 20 minutes, stirring occasionally. When the chutney has reduced by a third and is thick and viscous, remove from heat and stir in salt.

*Per 1/3 cup/80 mL serving: 60 calories;
1 g total fat; 14 g total carbs; 2 g
fibre; 9 g sugar; 1 g protein;
50 mg sodium.*

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