

RAW CARROT FALAFEL
AND TANGY TAHINI SAUCE



FROM CHOOSING RAW
BY GENA HAMSHAW

RAW CARROT FALAFEL

Falafel is one of my favorite foods, but I often find that it's too greasy when prepared conventionally. These falafel, which I first created when I had a ton of pulp left over from making carrot juice, impart all the wonderful flavor of regular falafel, minus the deep frying. Once you make the falafel, you can use them in pita, pile them into romaine leaves, put them on your salads, or snack on them as they are. And this is one of those recipes where there's little difference between the dehydrator version and the baked version, so no need to fear if you don't have a dehydrator at home! Makes 4 servings.

Ingredients

1 cup sesame seeds
1/2 teaspoon sea salt
1 1/2 cups carrot pulp from juicing or
1 1/2 cups finely grated carrot, squeezed firmly
between paper towels to remove excess moisture
2 cloves garlic, minced
1 tablespoon freshly squeezed lemon juice
1/4 teaspoon ground cumin (optional)
2 tablespoons flax meal
1/4 cup fresh curly parsley

Directions

1. Grind the sesame seeds and sea salt in a food processor until finely ground.
2. Add the carrot pulp, garlic, lemon, cumin, if using, and flax, along with 1/3 cup of water. Process until the mixture is smooth.
3. Add the parsley to the processor and pulse to combine.
4. Shape the mixture into twelve small patties. Dehydrate at 115°F for 6 hours, flipping once through.
5. Alternatively, preheat the oven to 350. Bake the falafel for 15 minutes. Flip and cook for another 10 minutes, or until golden brown on both sides. Top with tangy tahini sauce, and serve.

Stored in an airtight container in the fridge, both dehydrated and baked falafel will keep for up to 4 days. They can also be frozen.

Tangy Tahini Sauce

Makes 1 scant cup of sauce.

Ingredients

1/2 cup water
1/4 cup tahini
1/4 teaspoon sea salt
3 tablespoons freshly squeezed lemon juice
1 clove garlic, minced
1 teaspoon agave nectar or pure maple syrup

Directions

1. Combine all the ingredients in a blender or food processor. Blend and serve.

Tahini dressing will keep for a week in the fridge and can also be served over salads, with raw veggies, and warm grains.

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