

Falafel Israeli salad

12 Tomato small dice, no seeds

6 Cucumber Small dice

2 red onion Minced

4 bunches parsley, chopped

1 bunch mint, chopped

1 Quart Israeli couscous

4 lemons, juiced

½ cup Extra virgin Olive oil

1. Mix all Ingredients together. Season to taste with salt and pepper. Set aside

For the Falafel

1 can – Garbonzo Beans, drained

4 tbsp Cumin

1Tbsp Paprika

½ cup chopped garlic

1 Quart Chopped Parsley

1 Quart Chopped cilantro

4 Lemons Zested

1 Cup – Chick pea Flour/ Ap flour

1. Roast garbonzo beans in oven for 1 Hour at 300' in oven. Let cool

2. Place all ingrediecnts in food processor and blend to desired smooth consistency

Form into 1.5 ounce balls

2. Fry in sautee pan until golden brown

Garnish salad with warm Falafel. Garnish with fresh mint leaves