



Falafel Taco Salad LUNCH BOX Menu

Falafel Taco Salad (recipe below)

Muncheeze Snack Sticks - Mozzarella Style, *Lisanatti Foods* (cheese alternative)

Falafel Chips, Original, *Flamous Brands*

Chocolate Energy Bar, *Greens+*

Spring Water

Loaded with protein, other nutrients and fiber, this menu will stoke up kids for a positively productive afternoon. This entire lunch is filled with Kid Kritics Approved recipe and products. That makes it a win/win for you!

TIPS: Kids often think falafel is ground beef. Ellen Briggs says, "I admit I had to see this to believe this - believe it. What helps is the beautiful balance of herbs and spices found in falafel. The Kid Kritics loved it." This ought to encourage you to try this recipe and not pull back from well seasoned food. Make falafel tacos for dinner and save leftovers for lunch. It is served cold. Be prepared to listen to your kids crunching these Falafel Chips. Their texture is irresistible. And, Kid Kritics verified that they taste delicious! KKA Muncheeze Snack Sticks melt in your mouth - Yum! The Greens+ chocolate energy bar is also Kid Kritics Approved. For the younger ones, you may want to give them half or cut it up into bite sizes.

4 Food Colors: brown, red, green, white.

8 Food Groups: legumes, vegetables, grains, fruit, nuts, seeds, sweet, water.

Kid Kritics Approved Products:

Muncheeze Sticks, *Lisanatti Foods*

Falafel Chips original, gluten-free, *Flamous Brands*

Chocolate Energy Bar, *Greens+*



Falafel Taco Salad Recipe

Prep Time: 10 minutes

Cook Time: 20 minutes (if using mix)

Number of Servings: 6 or more, depending on age

PREHEAT: 1 burner, medium heat (if using mix)

PANS/EQUIPMENT: Large frying pan (if using mix)

DO THIS 12 HOURS BEFORE SERVING

2 cups prepared Falafel – use mix or buy precooked patties and break them into little pieces

1 cup salsa, mild

1/2 cup mozzarella cheese, shredded

4 tsp cilantro flakes or 8 leaves finely chopped

Cover and let sit for 12 hours in refrigerator overnight.

Several lettuce leaves, romaine

Taco/Tortilla chips

Separate and wash lettuce leaves. Arrange lettuce and chips on a plate or in a bowl.

Scoop falafel mix on top.

1 dollop salsa, mild per serving

1 Tbsp mozzarella cheese, shredded per serving

Drop a dollop of salsa on top of each salad and cover all with shredded cheese. Serve.