

Family Food Experts

Home of the Kid Kritics Approved Seal



****This Recipe is Kid Kritics Approved****

Falafel Taco Salad

PREHEAT: 1 burner, medium heat (if using mix)
PANS/EQUIPMENT: 1 large skillet (if using mix)
PREP TIME: 10 minutes
COOK TIME: 20 minutes (if using mix)
NUMBER OF SERVINGS: 6 (or more depending on ages)

****DO THIS 12 HOURS BEFORE SERVING****

2 cups Falafel mixture (use mix or buy precooked patties and break them into little pieces)
1 cup salsa, mild (reduced sodium)
1/2 cup mozzarella cheese, shredded
4 teaspoons cilantro flakes (or 8 leaves finely chopped)
Let sit for 12 hours in refrigerator overnight..

Several lettuce leaves, romaine

Taco chips

Arrange on plate or in bowl. Scoop falafel mix on top.

1 dollop salsa per serving (garnish)

1 Tablespoon mozzarella cheese, shredded per serving

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

4 GOD-MADE FOOD COLORS: brown, yellow, red, green, white

6 FOOD GROUPS: whole grains, legumes, vegetables, fruit, dairy, herbs

If you are shaking your head and saying there is no way your kids will eat falafel, stop! The Kid Kritics verified what Dr. Sally Byrd has been saying for years, "Kids won't know the difference!" They not only loved it but did not believe it was void of meat. They ran around later and told everyone they had had tacos for lunch! All begged for more. So give this a try. This recipe is SO easy to make, introduces kids to the taste of spices and herbs, and is SO inexpensive to make - pleasing to both your kids and your pocket book!

