 

# **Potato Falafel Bowl**

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**Description:** Pumpkin or plain, these herb and spice filled, pillowy potato falafel are the perfect addition to your weekly performance meal prepping plan.

**Recipe by:** Danielle Judson Nutrition

**Website Link:** <https://www.daniellejudson.com/potato-falafel-bowl/>

**Prep Time:** 30 minutes

**Cook Time:** 20 minutes

**Ready Time:** 50 minutes

**Potato Type:** Russet

**Serves:** 12

**Prep Method:** Bake

**Course:** Main

**Ingredients**

**Potato Falafel**

* 2 Russet potatoes, washed, peeled and boiled
* 1 can no-salt added chickpeas, drained and rinsed
* 1/4 cup almond flour
* 1/4 cup canned pumpkin (omit for plain potato falafel)
* 1/2 cup fresh cilantro
* 1 Tablespoon lemon juice
* 2 teaspoons cumin
* 2 teaspoons coriander
* 2 teaspoons smoked paprika
* 2 teaspoons sea salt
* 1 teaspoon black pepper

**Potato Falafel Bowl Toppings**

* Lettuce (I used romaine & mixed greens
* Cucumber
* Figs
* Tomatoes
* Tahini for drizzling

**Preparation**

**Potato Falafel**

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Combine all falafel ingredients into a food processor, and process until a thick dough is formed. adjust spices to your taste as needed.
3. Using a table spoon, roll balls of dough and place them on the parchment paper, pushing down with your fingers to flatten out.
4. Bake for 15-20 minutes, until the tops begin to brown.

**Potato Falafel Bowl**

1. Add lettuce into a bowl along with potato falafel and desired topping. Drizzle with fresh tahini and enjoy!

**Nutritionals**

For falafel only: Per serving (3 potato falafel):

Calories 266, Fat: 6 g, Cholesterol: 0 mg, Sodium: 220 mg, Carbohydrates: 50g, Fiber: 9 g, Potassium: 735 mg, Protein: 12g, Vitamin C: 20 mg