

Falafel Sliders with Avocado Hummus & Tahini Sauce

MAKE-AHEAD TIPS: Sliders can be frozen for up to a month or refrigerated 3-4 days. Tahini Sauce can be refrigerated 2-3 days.

FALAFEL SLIDERS

1 15-ounce can chickpeas, drained & rinsed, divided
½ red onion, chopped
2 clove garlic, peeled, halved
5 sun-dried tomatoes packed in oil, drained
½ cup packed fresh Italian parsley
1 teaspoon ground cumin
1 teaspoon coriander
1 teaspoon sea salt
½ cup flour (garbanzo or other)
2 tablespoons olive oil

Avocado Hummus

¼ cup chickpeas, reserved from sliders
1 avocado, pitted and peeled
⅓ cup packed fresh Italian parsley
¼ cup olive oil
1 clove garlic
1 tablespoon lemon juice
½ teaspoon sea salt
¼ teaspoon cayenne (or more)

Tahini Sauce

½ cup tahini
½ cup water
1 clove garlic
1 tablespoon lemon juice
½ teaspoon salt

slider buns or dinner rolls
tomatoes, sliced

Sliders: Reserve ¼ cup chickpeas for the Hummus. Place remaining chickpeas, onions, garlic, tomatoes, parsley, cumin, coriander, salt, and flour in a food processor and pulse until combined, stopping frequently to scrape down sides. Form mixture into 2-inch by ½-inch patties.

In large skillet, heat oil over medium-high and pan-fry patties in batches, letting cook about 3 to 5 minutes on each side, until nicely browned. Remove from pan and drain on paper towels.

Avocado Hummus: Combine ¼ cup chickpeas, avocado, parsley, oil, garlic, lemon juice, salt, and cayenne in food processor and puree. Season to taste.

Tahini Sauce: Puree tahini, water, garlic, and lemon juice, and salt until smooth.

Layer the Sliders, Hummus, Sauce, and sliced tomatoes on the buns.