



The Loma Linda University School of Allied Health Professions Nutrition & Dietetics Department

This recipe is written to feed a large group and provided by request.

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Sweet Potato and Millet Falafel in Lettuce wraps

Portions: 120 servings

Ingredients:

Amount	Item
15 cups	Dried chickpeas, soaked for 24 hours and drained
15 cups	Medium sweet potato, cooked and mashed
7.5 cups	Red onion, chopped
30	Garlic cloves, quartered
3.75 cups	Parsley, chopped
3.75 cups	Cilantro, chopped
5 T	Ground coriander
2.5 T	Ground cumin
5 T	Kosher salt
1 t	Cayenne
5 cups	Millet, dry
2 T	Chickpea flour
3.75 t	Baking soda
240	Butter lettuce leaves
15 cups	Red peppers, diced
9 cups	Onion, sliced
7	Cucumber, sliced
40 T	Parsley, minced

Method:

1. Prepare ingredients.
2. Place chickpeas, mashed sweet potato, onion, garlic, parsley, cilantro, coriander, salt, cumin, cayenne, into the bowl of food processor. Alternate between pulsing and blending.
3. Stop and scrape down the sides occasionally until all ingredients in the falafel mixture are uniform in size but still grainy in texture.
4. Transfer mixture to a mixing bowl and fold in cooked millet.
5. Line baking sheets with parchment paper.
6. Use a small ice cream scoop to roll falafel into an individual walnut sized ball.
7. It should hold together nicely and not fall apart.
8. If the mixture seems too wet, sprinkle the mixture with a small amount of the chickpea flour and fold it in.
9. Once texture is right, sprinkle the baking soda over the falafel and stir the mixture to combine.
10. Repeat shaping process with the rest of the falafel mixture.
11. Place uncooked falafel on baking sheets until ready to bake.
12. Preheat oven to 400F.
13. Bake for about 25 minutes or until falafel appears golden brown.
14. Assemble butter lettuce wraps with falafels, sliced onions, diced red peppers, sliced cucumbers and minced parsley as garnish.