



Cindy Ashton's Falafel Quinoa Bowl Recipe

1. Make falafel [from scratch](#) or make it from a falafel mix such as from Trader Joe's.
2. Make your quinoa by boiling two cups of water in a small saucepan and then adding in one cup of quinoa (rinsed). Turn the temperature down to medium-low and allow it to simmer until most of the water is gone and the quinoa is light and fluffy.
3. Chop up your toppings such cucumbers, red pepper, cherry tomatoes and parsley
4. In an entrée bowl, layer the ingredients. Measure out as much as you want to eat in each bowl. First the quinoa, then the veggies and finish with the falafel. Drizzle tahini sauce on top and you are ready to eat!