



4
Cook Time: 10 minutes

INGREDIENTS:

12-16 corn tortillas (6 inches)

14-18 [baked falafels](#)

1 cup [Green Sauce](#) or your favorite salsa, more as desired

2 cups chopped romaine lettuce

1 large tomato, chopped

1 medium red onion, diced

Crunchy Plant-Based Falafel Tacos

One day I made [falafel](#) for a few friends and realized right before the first guest arrived that I had forgotten to buy pita bread. One of my guests said that she often serves falafel in corn tortillas, either with Green Sauce or with salsa, and voila, dinner was saved!

From *The China Study Quick & Easy Cookbook*

Photo by [Keepin' it Kind](#)

By Del Sroufe

- 1** Preheat a nonstick skillet over medium heat for 5 minutes. Add enough corn tortillas to cover the bottom of the pan and heat for 3 to 4 minutes to soften the tortillas. Repeat with the remaining tortillas.
- 2** To serve, cut each [falafel](#) in half, and place two or three halves in the center of each corn tortilla.
- 3** Top each tortilla with some of the Green Sauce, romaine, tomato, and red onion.