Lentil Tabbouleh Salad with Flaxseed Crackers

Serves 3-4

Flaxseed Crackers

- 1 cup flaxseed meal, brown or golden
- 2 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ cup oat flour, more as needed
- 2 teaspoon zaatar
- 2 tbsp chia seeds
- ½ cup water, more as needed

Tabbouleh Salad

- 1 ½ cups cooked lentils
- 1-2 Roma tomatoes, cut into bite-size pieces
- 1 Persian cucumber, cut into bite-size pieces
- 1 bunch of Italian parsley, chopped, about 1 cup
- ½ bunch of cilantro chopped, about ½ cup, or use all parsley
- ½ bunch of mint leaves, chopped
- 1 shallot, diced, or ½ red onion, finely diced
- 1 large lemon, zested and juiced
- 2 tablespoons olive oil, more as desired
- Salt and pepper

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Instructions

1. Preheat your oven to 350 degrees.
2. In a mixing bowl, combine all the ingredients except for water and mix well. Stir in water and then form a dough with the mixture, adding more water if dry and more oat flour or flaxseed meal to form a dough. Roll the dough out between parchment paper to about 1/16-1/8" thick; the thinner the dough, the crispier the cracker will be.
3. Lightly score the cracker dough into cracker-size pieces with a pizza cutter or sharp knife, and then bake for 20-25 minutes. Remove the crackers from the oven, and then recut the scored lines with a sharp knife to form crackers. You can return the separated crackers to the oven for about 5 minutes for a crispier texture.
4. To make tabbouleh salad, combine all the ingredients, mix well, taste, and adjust seasoning to your liking, adding more lemon juice, salt, or pepper to your preference.
5. Serve tabbouleh salad with crackers.

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