

Chickpea Mango Salad

For the Salad

15- ounce can chickpeas, or 1 1/2 cups cooked chickpeas
2 to 3 ears corn on the cob, or about 1 cup frozen corn
1/2 cup chopped red bell pepper
3/4 cups chopped tomato
3/4 cup finely chopped red onion
1 to 2 ripe mangoes, chopped small
1 hot green chili, such as serrano or Indian chili, finely chopped
1/2 cup chopped cilantro, or more, to taste

For the Dressing

1 teaspoon ground cumin
1/2 teaspoon salt
1/4 to 1/2 teaspoon cayenne, to taste
1/2 teaspoon black pepper
2 tablespoons lime juice

For the Spiced Oil

2 teaspoons oil
1/2 teaspoon red pepper flakes

Prep all the veggies if you haven't already. Drain and rinse the chickpeas. Chop up the bell pepper, tomato, red onion, mango, green chili, and cilantro. If the corn still has the husk, shuck it.

To cook the corn, place the cobs directly on a medium-high gas flame on your stove. Use tongs to turn the corn every minute or so until it begins to blacken. Once it starts getting nicely charred, start flipping it every 10 to 15 seconds until most of the kernels have black spots. Let the corn cool for a few minutes, then use a knife to remove the kernels from the cob. If you're using frozen corn, toast it in a skillet over medium-high heat until you start to see golden brown spots, about 4 to 6 minutes. Set aside to cool.

To make the dressing, mix all the dry ingredients in a small bowl and set aside. Don't add the lime juice yet. We will do that later.

For the spiced oil, heat a small skillet over medium-low heat, and add the oil. Once the oil is hot, lower the heat to low, add the pepper flakes, stir, and turn off the heat. The pepper flakes will toast in the hot oil and infuse it with heat and a smoky flavor.

When ready to serve, add the chickpeas, chopped vegetables, corn, green chili, and cilantro to a large bowl. Sprinkle the dry dressing ingredients and add the lime juice and spiced oil. Toss everything thoroughly to coat. Serve immediately, or let the salad sit for up to an hour, so the flavors can meld. Serve with pita chips, indian papri/crackers or toasted pita bread,



Chickpea Shawarma Bowl

1 can chickpeas (15 oz / 400 g can) rinsed and drained
1 medium eggplant diced
1 medium sweet potato peeled and diced
1 onion sliced
½ lemon
⅓ cup parsley chopped
1½ cups cooked quinoa or more to taste
¼ cup crumbled feta + Greek yogurt to serve

Shawarma Spice Mix

4 tablespoons olive oil extra virgin
1 clove garlic optional – grated
3 teaspoons paprika smoked or sweet
2 teaspoons coriander ground
1 teaspoon cumin ground
½ teaspoon cinnamon
1 teaspoon salt + black pepper to taste



Preheat the oven to 425°F (220°C). If using pre-cooked quinoa or another pre-cooked grain, set it aside. If not, start cooking it now according to the package instructions.

Make the Shawarma Mix: In a small bowl, whisk together 4 tablespoons olive oil, 1 clove garlic (grated), 3 teaspoons paprika, 2 teaspoons coriander, 1 teaspoon cumin, ½ teaspoon cinnamon, 1 teaspoon salt, and pepper.

Roast the Vegetables: Add 1 can chickpeas (rinsed), 1 medium eggplant (diced), 1 medium sweet potato (diced), and 1 onion (sliced) to a large baking sheet. Pour the shawarma mix over the top. Toss well so everything is coated.

Spread the vegetables into a single layer. Roast for 30 minutes until soft and lightly browned.

Add the quinoa: Add 1½ cups cooked quinoa to the hot baking sheet. Squeeze over the juice of ½ lemon then add ⅓ cup parsley and ¼ cup crumbled feta. Gently toss to mix everything together.

Serve: Spoon into bowls. Top with a dollop of Greek yogurt or tzatziki. Serve warm.

Fermented Hummus

Equipment Needed

1 litre or quart Mason jar with lid
Measuring cup or measuring spoons
Sieve or strainer for draining the chickpeas
Can opener
Food processor
Container with lid

To Ferment The Chickpeas:

1 can cooked, chickpeas, salt-free, drained, and rinsed
1 tsp sea salt
2-3 tbsp apple cider vinegar
2 cups spring water
1 liter (or quart) Mason jar with lid



Place the chickpeas in the mason jar and add enough water to completely submerge the chickpeas. Be sure to leave at least one inch of space at the top of the jar. Add the apple cider vinegar and sea salt. Mix with a plastic spatula or wooden spoon. Place the lid on the jar and screw on tightly so air cannot get in. Let the chickpeas ferment for two weeks. Once they are fermented, drain and rinse. It can now be used in recipes as you would normally use them.

Hummus

1 can cooked, chickpeas, salt-free, drained and rinsed, and fermented for two weeks
1/2 cup tahini (sesame taste)
1/4 - 1/3 cup olive oil
1/4 - 1/3 cup lemon juice or apple cider vinegar (add and adjust to taste)
1 tsp cumin or paprika (more can be added if desired)
Sea salt and black pepper to taste
Extra spring water if needed to make it smoother

Place the chickpeas, tahini, cumin or paprika, and olive oil in a food processor and process until smooth. Add lemon juice to taste and to aid in making the hummus smooth. Extra olive oil or water can be added to make the hummus smoother and give it the texture you like best. Season with sea salt and pepper to taste. It is now ready to use. If not used right away, place the hummus in a container with a lid and store in the refrigerator. It will be kept for 5-7 days. It can also be stored in the freezer if it is not going to be consumed within the week.