



chipotle roasted chickpeas

ingredients

- 1 can (15 oz) chickpeas
- 1 tablespoon sesame or olive oil
- salt to taste
- 1 teaspoon chipotle powder
- 1/2 teaspoon garlic powder

directions

Preheat oven to 400 degrees. Drain and rinse chickpeas. Pat them dry with dish towel or paper towel. Remove any loose skins.

Add parchment paper to baking sheet. Add chickpeas, oil and spices, mix well to coat. Arrange chickpeas in a single layer, place baking sheet in the oven, and bake for about 40-50 minutes, stirring every 15 minutes or so until chickpeas have a nice roasted look and are crispy. Let cool for 10 minutes before serving.

How To Store: Keep your chickpeas crunchy by storing them in a container that lets air flow through.



mediterranean quinoa salad

dressing ingredients

- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1/2 tablespoon pure maple syrup
- 1/2 tablespoon dried oregano
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

salad ingredients

- 1 1/2 cups uncooked quinoa
- 2 1/2 cups water
- 1 medium cucumber, de-seeded and chopped
- 1 medium red bell pepper, chopped
- 1/2 large red onion, chopped
- 1 1/2 cups cherry tomatoes, chopped
- 3/4 cup feta cheese
- 3/4 cup Kalamata olives, pitted and halved
- 1 cup parsley, loosely packed and finely chopped

directions

Rinse the quinoa under running water and drain. Place the quinoa in water using a medium pot. Bring to a boil then reduce heat to low and simmer covered for about 15 minutes, or until quinoa is cooked through. Fluff with a fork.

Whisk together the dressing ingredients and set aside. Place cucumber, pepper, red onion, tomatoes, feta, olives, and parsley in a large bowl. Add cooked quinoa, stirring to combine. Pour dressing over salad and toss to combine. Serve!