



A Fresh Approach to Healthy Eating

## HEALTHFUL RECIPES FROM LINDA CITRON

### **AUGUST 2014: CHICKPEAS (GARBANZO BEANS)**

#### **DIY Roasted Chickpeas**

*Craving salty or spicy foods? This is a great alternative to a processed snack food!*

- 1 (15-ounce) can organic no-salt added garbanzo beans, rinsed and drained
- 2 Tbsp of olive oil
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1/8 tsp of cayenne pepper
- 1/8 tsp cumin
- 1 Tbsp of finely chopped flat-leaf parsley

Preheat the oven to 400°.

Towel dry the chickpeas. Toss chickpeas with the olive oil, sea salt, pepper, cayenne pepper and cumin (or any combination of your favorite spices). Spread on a cookie sheet and roast until browned and crispy, about 30 minutes. Remove from cookie sheet and toss with parsley. Transfer to bowl and serve or once cooled, store in an airtight container.

#### **Hummus with Red Peppers**

*Makes one big bowl*

- 1 (15-ounce) can organic no-salt added garbanzo beans, rinsed and drained
- 1 garlic clove
- 3 Tbsp organic tahini paste
- 2 Tbsp lemon juice
- 2 Tbsp extra virgin olive oil
- 1 tsp cumin
- 1/4 tsp sea salt
- Optional: 1/2 red pepper

Combine the chickpeas, garlic, tahini paste, red pepper and lemon juice in bowl of a food processor, and puree. Stir in the olive oil, cumin, and salt. Serve with veggies or use as a spread on a lettuce wrap. Then, if it lasts long enough to have leftovers, store in an air-tight container in the fridge for up to a week! Enjoy!



## Garbanzo Bean Salad

1 (15-ounce) can organic no-salt added garbanzo beans, rinsed and drained  
2 medium zucchini, diced  
1/2 red onion, chopped  
1 medium tomato, diced or cherry tomatoes  
2 Tbsp parsley, chopped

### Vinaigrette

2 Tbsp fresh lemon juice  
1/4 cup extra virgin olive oil  
1 clove garlic, minced  
1/2 tsp salt  
1/4 tsp black pepper

In a small bowl, whisk together the lemon juice, olive oil, garlic, salt and pepper until combined. Combine beans, zucchini, onion, tomato and parsley in a separate bowl. Pour vinaigrette over the bean mixture, toss well and serve as a side dish or on a bed of greens.

*Adapted from Giada De Laurentiis*