



In the Kitchen

with Barb Agee ~ March 2016

Garbanzo Bonanza!

This ancient legume is packed with an array of nutrients including vitamins, minerals, soluble and insoluble fiber and protein.

Chickpea Vegetarian Spaghetti Sauce with Couscous

2 cups vegetable broth or water	One 28 ounce jar vegetarian spaghetti sauce
1½ cups uncooked couscous	¼ cup red wine
1 teaspoon salt	One 15 ounce can garbanzo beans, rinsed and drained
3 tablespoons olive oil, divided	1 teaspoon oregano
½ cup yellow onion, finely chopped	¼ teaspoon crushed red pepper chili flakes
1 small carrot, peeled and grated	¼ cup fresh parsley, chopped
1 small zucchini, peeled and grated	½ cup sliced black olives, <i>optional</i>
½ cup red sweet pepper, finely chopped	½ cup grated parmesan cheese, <i>optional</i>
1 cup mushrooms, thinly sliced	

In a medium saucepan, bring water to a boil. Stir in couscous. Cover; remove from heat. Let stand 5 minutes. Drizzle with 1 tablespoon olive oil; fluff with a fork. Cover and set aside. In a large skillet, heat 2 tablespoons olive oil on medium-high heat. Sauté onion for 1 minute; add carrot, zucchini, sweet pepper and mushrooms. Sauté 2 more minutes. Add spaghetti sauce, red wine, garbanzo beans, oregano, red pepper flakes. Simmer sauce for 5 to 7 minutes or until thoroughly heated. To serve: fluff couscous again and dish onto 4 plates. Top with spaghetti sauce and sprinkle with parsley, black olives and parmesan cheese if using.

Hummus with Add-Ins and Add-Ons

Basic hummus

2 tablespoons tahini	¼ teaspoon kosher salt
2 tablespoons fresh lemon juice	3 tablespoons water
1 tablespoon olive oil	1 large garlic clove
One 15 ounce unsalted chickpeas, rinsed and drained	

Place all ingredients in a food processor. Process until smooth. *Makes 8 servings of 3 tablespoons each*

Carrot Hummus

Steam 1 cup carrots until very tender; drain and cool 5 minutes. In a food processor to the basic hummus add carrots, 2 teaspoons olive oil, ½ teaspoon kosher salt, ½ teaspoon ground cumin, ¼ teaspoon brown sugar and ⅛ teaspoon black pepper. Process until smooth. Top hummus with 2 tablespoons sliced toasted almonds, 2 tablespoons shredded carrots and 1 tablespoon chopped parsley. Sprinkle ¼ teaspoon paprika over hummus.

Cauliflower Hummus

Preheat oven to 450°F. Toss 1 cup small florets with 2 teaspoons olive oil, ¼ teaspoon curry powder, ¼ teaspoon kosher salt and ¼ teaspoon black pepper. Spread in an even layer on a baking sheet; bake for 15 minutes or until tender, stirring after 10 minutes. Cool 10 minutes. Set aside 1 tablespoon roasted cauliflower. In a food processor to the basic hummus add remaining cauliflower. Process until smooth. Top hummus with reserved cauliflower and 2 tablespoons sliced Castelvetrano olives.

Beet Hummus

Wrap 1 peeled 3 ounce beet in microwavable parchment paper or microwavable dish with a lid. Microwave on high for 3 minutes or until tender. Let stand 5 minutes; quarter beet. In a food processor to the basic hummus add the beet; 1 teaspoon honey, ¼ teaspoon kosher salt and ⅛ teaspoon black pepper. Process until smooth. Top hummus with 3 tablespoons crumbled blue cheese, 1½ tablespoons chopped toasted walnuts and 1 tablespoon microgreens.



Chickpea, Sweet Potato Cakes with Pineapple Salsa

Pineapple Salsa (*see recipe below*)

$\frac{2}{3}$ cup quick cooking oats

$\frac{2}{3}$ cup 2% milk***

1 small sweet potato, peeled and grated, ~ 1½ cups

One 15 ounce can chickpeas, rinsed and drained

$\frac{1}{2}$ cup sliced almonds

2 large garlic cloves

$\frac{1}{4}$ cup red onion, finely chopped

2 tablespoons almond butter***

$\frac{1}{2}$ teaspoon ground ginger

1 tablespoon fresh lime juice

$\frac{1}{4}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

Olive oil

In a microwavable bowl, mix oats and milk together. Microwave on high for 2 minutes. Stir in grated sweet potato and microwave 1 minute. In the food processor, pulse chickpeas, almonds and garlic cloves 4 to 5 times until coarsely chopped. Add almond butter, ginger, lime juice, sea salt and pepper. Pulse 1 to 2 more times to blend. Add chickpea mixture to the sweet potato-oat mixture and blend. Spread mixture out on a waxed paper lined baking sheet. Divide mixture into 8 parts. Form each part into a patty. In a large non-stick skillet heat 1 tablespoon olive oil until hot, add 4 patties. Cook 3 to 4 minutes until the bottom is lightly browned. Turn patties over and brown 3 to 4 minutes more adding oil as needed. Remove from pan and keep warm. Repeat the process for the remaining 4 patties. Serve with Pineapple Salsa (*see recipe below*).

Pineapple Salsa

1 large ripe mango, peeled and diced

One 20 ounce can pineapple tidbits, drained***

$\frac{1}{2}$ cup red onion, cut into small dice

$\frac{1}{4}$ cup jalapeño, seeded, finely chopped

1 tablespoon fresh lime juice

$\frac{1}{2}$ teaspoon soy sauce

$\frac{1}{4}$ cup fresh cilantro, chopped

$\frac{1}{4}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

Mix all the salsa ingredients in a medium sized bowl. Cover and refrigerate

- ***Substitutions:
- Fresh pineapple for canned pineapple
 - Peanut butter, tahini for almond butter
 - Almond, soy or rice milk for 2% milk

Chickpea and Charred Sweet Onion Salad

Dressing (*see recipe below*)

Cooking spray

2 medium sized Walla Walla Sweet onions, peeled and cut into $\frac{1}{2}$ -inch slices

Kosher salt

One 15 ounce can chickpeas, rinsed and drained

2 teaspoons fresh oregano leaves, chopped

2 cups fresh baby spinach leaves

Crusty bread, warmed

Coat a large heavy skillet with cooking spray; heat skillet over medium-high heat. Place onions in 1 even layer. Press each slice to ensure contact with hot skillet. Season with salt. Cook, without turning, 4 minutes or until slices are charred. Transfer to a bowl. Repeat with remaining onion slices. Transfer to the bowl. Leaving skillet on heat, spray skillet and cook 3 minutes or until chickpeas are lightly charred. Add to the onion. Separate onion rings. Add oregano and dressing; toss to coat. To serve: divide spinach leaves on 4 plates; top with chickpea and onions. Drizzle any remaining dressing over salad and serve with warm crusty bread.

Dressing

1 ounce Feta cheese, crumbled

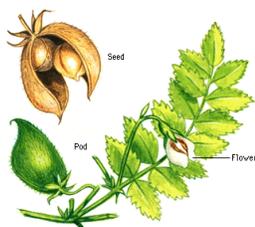
3 large garlic cloves

Red Fresno chile, seeded and coarsely chopped

1 tablespoon fresh lemon juice

2 tablespoons olive oil

Combine feta, garlic, lemon juice, chile in a food processor. Process until smooth. If necessary, add 1 tablespoon warm water. Add olive oil; pulse 3 to 4 times to blend. Set aside.



The wild version of chickpeas (*Cicer reticulatum*) is only found in parts of what is today southeastern Turkey and adjacent Syria, and it is likely that it was first domesticated there, about 11,000 years ago. Chickpeas were part of the culture that first developed farming on our planet!