



January 6, 2017

Chickpea Sides

Chickpeas, also known as garbanzo beans, are used in many different cuisines, from hummus and falafel in the Middle East, to chana masala in India. A vegetarian source of protein, chickpeas are inexpensive, a good source of fibre and various vitamins and minerals, and a great way to explore different international flavours.

Our Moroccan-inspired Couscous with Chickpeas and Dried Fruit salad includes a variety of herbs and spices, making it a delicious and light meal on its own, or a tasty side dish for grilled lamb or merguez sausage. Meanwhile, our Chickpea Salad with Feta uses ingredients often found in Greek cuisine, such as kalamata olives and feta cheese. During the summer months, add cucumber, tomato and bell peppers for a fresh, seasonal salad. Last but not least, the almonds in our Roasted Red Pepper and Almond Hummus is just a little twist that adds a subtle, nuttiness to the classic dip.

COUSCOUS WITH CHICKPEAS AND DRIED FRUIT

Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 cup diced onion
- 2 cloves garlic, finely chopped
- 1/2 tsp cinnamon
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp ground ginger
- 1/8 tsp ground allspice
- 1 can (19 oz/540 mL) chickpeas, rinsed and drained
- 2 cups no-salt-added chicken broth
- 2/3 cup chopped dried apricots
- 1/3 cup chopped pitted dates
- 1/4 cup fresh lemon juice
- 2 tbsp grated lemon peel
- 1 tsp freshly ground pepper



1/2 tsp salt
1 cup couscous
1/3 cup chopped fresh cilantro
1/3 cup chopped fresh mint
1/3 cup slivered almonds, toasted
1/4 cup thinly sliced green onion

Method:

1. Heat oil in a medium saucepan over medium heat. Add onion and sauté until softened, about 3 - 4 minutes.
2. Add garlic, cinnamon, coriander, cumin, ginger and allspice; cook, stirring, until fragrant, about 1 minute.
3. Add chickpeas, broth, apricots, dates, lemon juice, lemon peel, pepper and salt. Bring to a boil. Stir in couscous. Remove from heat and let stand, covered, for 10 minutes.
4. Fluff couscous with a fork. Add cilantro and mint; stir to combine.
5. Transfer couscous mixture to a serving dish. Sprinkle with almonds and green onion. *Serves 6.*

CHICKPEA SALAD WITH FETA

Ingredients:

3 tbsp (40 mL) fresh lemon juice
1 tbsp (15 mL) olive oil
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) cayenne pepper
2 cans (19 oz / 540 mL each) chickpeas, rinsed and drained
1/3 cup (75 mL) finely chopped red onion
1/4 cup (50 mL) chopped fresh parsley
1/4 cup (50 mL) sliced pitted kalamata olives
1/4 cup (50 mL) shredded feta cheese



Method:

To prepare dressing, whisk together lemon juice, oil, salt and cayenne pepper until blended.

Combine chickpeas, onion, parsley, olives and cheese in a bowl. Add dressing and toss to combine. Cover and refrigerate for up to 48 hours. *Serves 4.*

ROASTED RED PEPPER AND ALMOND HUMMUS

Ingredients:

1 can (19 oz/540 mL) chickpeas, rinsed and drained
1/2 cup chopped drained roasted red peppers, patted dry
1/4 cup slivered almonds, toasted
1/4 cup extra-virgin olive oil
2 tbsp fresh lemon juice
1 clove garlic, chopped
1/2 tsp salt
1/4 tsp freshly ground pepper
1/8 tsp cayenne pepper
2 tbsp finely chopped fresh parsley
Slivered almonds, toasted*

Method:

1. Place chickpeas, roasted peppers, 1/4 cup almonds, oil, lemon juice, garlic, salt, pepper and cayenne pepper in a food processor; process until smooth.
2. Add parsley and process, using an on/off motion, until combined.
3. Transfer hummus to a serving bowl. Sprinkle with additional almonds.
4. Serve with toasted baguette slices or crackers. *Makes about 2 1/2 cups.*