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“Cook Once, Eat Twice – Mediterranean Style”

One Pan Chickpea Roast with Drizzle Sauce

AND

Mediterranean Roasted Chickpea Salad



Equipment

- Cutting board
- Chef's knife
- Large sheet pan x2
- Colander
- Medium mixing bowl
- Whisk
- Large salad bowl

Ingredients (serves 4)

One Pan Chickpea Roast with Drizzle Sauce -

VEGGIES + CHICKPEAS:

- 2 large sweet potato, skin on, cut into wedges
- 4 cups thinly sliced cabbage (or sub cauliflower)
- 2 (15-oz) can chickpeas, rinsed, drained, and dried

- 1 cup finely diced red onion
- 2 Tbsp minced ginger
- 2 Tbsp minced garlic
- 4 Tbsp avocado oil or melted coconut oil
- 1 tsp sea salt
- 4 Tbsp curry powder
- 1 tsp garam masala

FOR SERVING

- 4-6 cups kale (or other green)
- Sesame or hemp seeds
- Cilantro
- Lemon wedges
- Drizzle sauce -
 - 1/3 cup tahini
 - 1 medium lemon, juiced (~3 Tbsp)
 - 1-2 Tbsp maple syrup
 - 1 pinch sea salt
 - 1 clove garlic, minced
 - Water to thin, ~3-6 Tbsp

Mediterranean Roasted Chickpea Salad -

- ❑ 1 tablespoon oil
- ❑ 1 (14 ounce) can chickpeas, drained and patted dry
- ❑ kosher salt and black pepper
- ❑ 1 head lettuce of choice
- ❑ 4 cups baby arugula
- ❑ 4 carrots, thinly sliced into rounds
- ❑ 1 (8 ounce) jar oil packed sun-dried tomatoes, oil drained and reserved, tomatoes chopped
- ❑ 1/4 cup fresh dill, roughly chopped
- ❑ 1/4 cup fresh basil, roughly chopped
- ❑ 1 tablespoon chopped fresh oregano
- ❑ 2 tablespoons fresh chopped chives
- ❑ 6 ounces feta cheese, crumbled
- ❑ 1-2 avocados, sliced
- ❑ 3 tablespoons pine nuts
- ❑ Lemon vinaigrette -
 - ❑ reserved oil from sun dried tomatoes (1/3 cup extra virgin olive oil)
 - ❑ juice from 1 large lemon (or 2 smaller lemons)
 - ❑ 2 tablespoons apple cider vinegar
 - ❑ 1 teaspoon honey
 - ❑ pinch crushed red pepper flakes

Instructions - One Pan Chickpea Roast with Drizzle Sauce

1. Preheat oven to 400 degrees F and line two large baking sheets with parchment paper.
2. Add sweet potato wedges, cabbage, and 2 cans chickpeas to one pan. Top only the veggies (not the chickpeas) with the diced onion. Then sprinkle garlic and ginger over the whole pan (including the chickpeas).
3. Drizzle with oil, sprinkle on salt, curry powder, and garam masala.
4. Use your hands to toss each section (sweet potatoes, cabbage, and chickpeas separately), to fully coat with oil and seasonings. Add more of either as needed.
5. To the second baking sheet add the remaining 1 can chickpeas for the Mediterranean Roasted Chickpea Salad. Drizzle with 1 tbsp oil, sprinkle with salt and pepper and toss to evenly coat.
6. Bake for 30 minutes, then remove from oven, toss chickpeas and cabbage (separately), and flip sweet potatoes to ensure even baking. Return to oven and bake for an additional 10-15 minutes or until the sweet potatoes are golden brown and tender, cabbage is tender, and both pans of chickpeas are golden brown and slightly crispy.
7. While baking, prepare drizzle sauce: To a medium mixing bowl, add tahini, lemon juice, maple syrup, salt and garlic. Whisk to combine. Then slowly add water until creamy and pourable.
8. To serve: Steam kale or massage with lemon juice and olive oil and divide between plates, then top with sweet potatoes, cabbage, and chickpeas (reserve the second sheet of chickpeas for the Mediterranean Roasted Chickpea salad). Drizzle on the sauce and garnish with sesame seeds, lemon wedges, and cilantro.

Instructions - Mediterranean Roasted Chickpea Salad

1. In a large salad bowl, combine the lettuce, arugula, carrots, sun-dried tomatoes, dill, basil, and chives.
2. Make the vinaigrette - Whisk together the reserved sun-dried tomato oil (or 1/3 cup extra virgin olive oil), lemon juice, vinegar, and honey. Season with salt, pepper, and crushed red pepper flakes.
3. Pour the vinaigrette over the salad, tossing to combine. Top the salad with crispy chickpeas reserved from the previous recipe, oregano, feta, and avocado. Enjoy!

*Adapted from:
Minimalist Baker*

*<https://minimalistbaker.com/sheet-pan-meal-curry-sweet-potato-chickpeas/>
Half Baked Harvest
<https://www.halfbakedharvest.com/super-green-sun-dried-tomato-herb-salad/>*