



## Week 2: Recipes and Shopping List

# Chickpeas



### Curried Chickpea Salad

Serves: 4 | Time: 10 minutes

#### Ingredients

- 2 cups (1.5 cans) cooked chickpeas, drained and rinsed
- ¼ cup mayonnaise
- 2 teaspoons curry powder
- 3 ribs celery, finely diced
- 1 cup red grapes, sliced
- 4 large pieces of green leaf lettuce

#### Instructions

1. Combine chickpeas, mayonnaise, curry powder, celery and grapes in a bowl and use a spatula to mix.
2. Place lettuce on four plates then top each with the chickpea mixture.



### Spring Pea and Chickpea Pasta

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups (1.5 cans) cooked chickpeas, drained and rinsed
- 2 oranges
- ¼ cup olive oil
- 2 tablespoons white wine vinegar
- 2 cups baby arugula
- 2 avocados, peeled and thinly sliced
- 1 red onion, thinly sliced

#### Instructions

1. Cook pasta in boiling water for 5 minutes, then add the frozen peas and asparagus to the pot. Cover and cook for 5 more minutes, then drain.
2. Pour the pasta mixture into a large bowl. Add chickpeas, sugar snap peas and olive oil. Toss to coat, then season to taste with salt and pepper.
3. Divide between four bowls and top each with shaved Parmesan cheese.



### Roasted Chickpea Trail Mix

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups (1.5 cans) cooked chickpeas, drained and rinsed
- 2 teaspoons olive oil
- 1 teaspoon salt
- ½ cup salted or raw almonds
- ¼ cup dry goji berries or dried cranberries
- ½ cup raw pumpkin seeds
- ½ cup mini chocolate chips

#### Instructions

1. Pre-heat the oven to 425 degrees. Place the chickpeas in a bowl with the salt and olive oil. Toss to coat, then spread on a sheet pan and bake until crispy, about 20 minutes.
2. Allow the chickpeas to cool completely, then pour into a bowl with the almonds, goji berries or cranberries, pumpkin seeds and chocolate chips. Toss to combine before serving.

## Shopping List — Week 2

#### PRODUCE

- 1 head green leaf lettuce
- 2 stalks celery
- 1 container (at least 1 cup) red grapes
- 1 bunch asparagus
- 1 cup sugar snap peas

#### MEAT AND DAIRY

- ½ cup shaved Parmesan cheese

#### FROZEN AND REFRIGERATED

- 1 package (10-ounce) frozen peas

#### PANTRY

- 5 cans chickpeas (or 3 cups dry)
- Mayonnaise
- Curry powder
- 1 box (1 pound) dry rotini or penne pasta

- Olive oil
- Salt
- ½ cup salted or raw almonds
- ¼ cup dry goji berries or dried cranberries
- ½ cup raw pumpkin seeds
- ½ cup mini chocolate chips



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