FROZEN AND REFRIGERATED
1 package (10-ounce) frozen peas

PA NTRY
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

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
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.

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.