



Flourless Chocolate Chip Chickpea Blondies

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INGREDIENTS:

Chickpeas (garbanzo beans), drained and rinsed, or more to taste	1 can
Maple Syrup	1/3 cup
Peanut Butter	1/2 cup
Kosher Salt	1/2 tsp
Vanilla Extract	2 tsp
Baking Powder	1/4 tsp
Baking Soda	1/4 tsp
Semisweet Chocolate Chips	1/3 cup

INSTRUCTIONS

Preheat oven to 350 degrees F. Coat an 8 × 8-inch pan with nonstick cooking spray. In a food processor, add all ingredients except chocolate chips. Process until batter is smooth. Fold in 1/3 cup chocolate chips and spread batter evenly in prepared pan with a buttered spatula. Sprinkle 2 tablespoons chocolate chips over top. Bake for 20-25 minutes, or until a toothpick comes out clean and edges are very light brown. Let cool completely on a wire rack. Sprinkle with sea salt and cut into 16 squares.

Nutritional Information: Makes 16 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	164
Fat (g)	9.8
Carbohydrates (g)	18



Chickpea Stew

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INGREDIENTS:

Canola Oil	1 tbsp
Cumin Seeds	1 tsp
Chopped Red Onion	1
Minced Garlic	5 cloves
Distilled White Vinegar	2 tbsp
Ground Coriander Seeds	1 tbsp
Chickpeas (garbanzo beans), drained and rinsed, or more to taste	1 can
Water	1 cup
Cubed Red Potato	1
Fresh Cilantro, Minced	2 tbsp
Salt and Pepper	1/2 tsp
Cubed Tomato	1

INSTRUCTIONS

Heat oil in a large saucepan over medium-high heat; saute cumin seeds for 10 seconds. Add onion and garlic; saute until onion is dark brown, 5 to 8 minutes. Add coriander; cook and stir for 20 seconds. Mix chickpeas, water, potato, 1 teaspoon cilantro, salt, and pepper into onion mixture; bring to a boil. Reduce heat to low, cover saucepan, and simmer until potato is tender, 15 to 20 minutes. Stir tomato into chickpea stew; increase heat to medium and simmer until heated through, 1 to 2 minutes. Sprinkle remaining cilantro over stew.

Nutritional Information: Makes 4 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	151
Fat (g)	4.8
Carbohydrates (g)	23.7