FLEURISH / DOCTOR'S KITCHEN

Chickpea bowls

with falafel spices & roasted vegetables

Crisp chickpeas and golden vegetables make a warm, colorful bowl.



Serves 2 **Prep 10 min** **Roast 20-25 min** **About 35 min total**

INGREDIENTS

- ☐ 1 can (15 oz) chickpeas, drained, rinsed and dried well
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground coriander
- ☐ 2 garlic cloves, finely grated or minced
- ☐ 2 1/2 tbsp olive oil, divided: 1 1/2 tbsp chickpeas, 1 tbsp vegetables
- ☐ 2 medium zucchini (about 1 lb), in 3/4 inch half-moons
- ☐ 1 medium red onion, in 8 wedges
- ☐ 3/4 tsp kosher salt, divided
- ☐ 1/4 tsp black pepper
- ☐ 2 cups greens, optional

LET'S COOK

☐ **1. Get ready**

Heat oven to 425 F. Use a large rimmed sheet pan. Pat chickpeas very dry. Keep a little root on each onion wedge.

☐ **2. Season the chickpeas**

Toss chickpeas with cumin, coriander, garlic, 1 1/2 tbsp oil and 1/2 tsp salt. Spread on half the pan. Or replace garlic with 1/2 tsp garlic powder.

☐ **3. Add vegetables**

Toss zucchini and onion with remaining 1 tbsp oil, 1/4 tsp salt and all the pepper. Spread beside chickpeas in one layer; use another pan if crowded.

☐ **4. Roast**

Roast 10 minutes. Stir chickpeas and turn vegetables; roast 10 to 15 minutes more, until chickpeas are crisp and vegetables tender with browned edges.

☐ **5. Build the bowls**

Divide chickpeas and vegetables between 2 bowls. If using greens, put 1 cup in each bowl first. Serve warm.

Use oven mitts. Refrigerate chickpeas and vegetables separately for up to 4 days; rewarm chickpeas in a hot oven to crisp.