



Pulses and Legumes Inspiration

Created by Cherish Natural Health



Pumpkin Hummus

6 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy

Add chili powder, cayenne pepper or chili flakes.

Extra Toppings

Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage

Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Ingredients

61 grams Pureed Pumpkin

164 grams Chickpeas (cooked, drained and rinsed)

1 Garlic (clove)

1/4 Lemon (juiced)

30 milliliters Extra Virgin Olive Oil

2 grams Sea Salt



Roasted Red Pepper Hummus

7 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C). Place the red bell pepper and garlic on a baking sheet and spray with the avocado oil. Season with salt and pepper to taste. Bake in the oven for 30 minutes.
2. Remove the garlic cloves from their peel. Add them along with the roasted red peppers, chickpeas, lemon juice, and smoked paprika to the bowl of a food processor. Process until smooth and creamy.
3. Season with additional salt and pepper, if needed. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to six months.

Serving Size

One serving is equal to approximately 1/4 to 1/3 of a cup.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 3 Red Bell Pepper (quartered)
- 5 Garlic (cloves, skin left on)
- 2 grams Avocado Oil Spray
- Sea Salt & Black Pepper (to taste)
- 328 grams Chickpeas (drained, rinsed)
- 45 milliliters Lemon Juice
- 2 grams Smoked Paprika



Jicama Fries with Hummus

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
2. Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
3. In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
4. Meanwhile, blend the chickpeas, lemon juice, tahini, water and remaining salt in a food processor until smooth.
5. Serve the jicama fries alongside the hummus and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the jicama fries and hummus separately, and re-crisp the fries in the oven before serving.

Jicama

One medium jicama equals approximately 5 cups.

Serving Size

One serving equals approximately one cup of jicama fries with 1/4 cup of hummus.

More Flavor

Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavor to the fries.

No Lemon Juice

Use apple cider vinegar instead.

Ingredients

520 grams Jicama (peeled, sliced into 1/4-inch strips)

30 milliliters Avocado Oil

9 grams Sea Salt (divided)

219 grams Chickpeas (cooked)

30 milliliters Lemon Juice

45 grams Tahini

37 milliliters Water (cold)



Moroccan Chickpea Stew

11 ingredients · 20 minutes · 4 servings



Directions

1. Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
2. Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
3. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup of stew.

More Flavor

Add fresh garlic, ginger, chili flakes, and/or raisins.

Serve it With

Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.

Ingredients

- 119 milliliters** Vegetable Broth
- 2** Yellow Onion (medium, diced)
- 328 grams** Chickpeas (cooked, rinsed)
- 9 grams** Sea Salt
- 3 grams** Turmeric
- 1 gram** Cinnamon
- 1 gram** Cardamom
- 450 milligrams** Cayenne Pepper
- 3** Tomato (large, diced)
- 30 grams** Parsley
- 49 grams** Pitted Dates (chopped)



Taco Spiced Chickpeas

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
4. Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

328 grams Chickpeas (cooked)

10 milliliters Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste, optional)

8 grams Taco Seasoning



Smashed Avocado & Lima Bean Toast MB

6 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, smash the avocado until smooth. Add the lima beans to the bowl, lightly smash the beans and mix with avocado. Add sea salt, adjusting the seasoning to your taste.
2. Add the bean mixture to the toast. Top with alfalfa sprouts and chili flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one toast.

More Flavor

Add red onion and chopped tomato to the bean mixture.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 1 Avocado (medium)
- 241 grams Lima Beans (cooked)
- 2 grams Sea Salt
- 1 slice Rye Bread (sliced, toasted)
- 33 grams Alfalfa Sprouts
- 600 milligrams Chili Flakes



Mashed Pinto Beans & Tortillas

8 ingredients · 15 minutes · 3 servings



Directions

1. Warm the oil in a small saucepan over medium heat. Add the onions, jalapeno pepper, and garlic and cook for two to three minutes or until fragrant.
2. Add the pinto beans, water, and salt. Simmer for three to four minutes to heat the beans. Gently mash half of the beans in the pan and stir to create a cohesive mixture. Alternatively, you can leave the beans whole.
3. Serve the beans with the tortillas and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/3 of a cup.

More Flavor

Traditionally, frijoles are made with cured pork. Add chopped bacon when cooking for a more authentic flavor.

Additional Toppings

Cotija cheese, cilantro, olive oil, salsa, hot sauce.

Less Spicy

Omit the jalapeno pepper.

Ingredients

15 milliliters Extra Virgin Olive Oil

1/4 Yellow Onion (chopped)

1/2 Jalapeno Pepper (minced, seeds optional)

1 Garlic (clove, minced)

171 grams Pinto Beans (cooked)

59 milliliters Water

2 grams Sea Salt

3 Corn Tortilla (warmed)



Arugula, Kale & Pinto Bean Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. In a large bowl, add the chopped kale and drizzle some of the oil on top. Massage with your hands until the kale softens.
2. Add the remaining ingredients and toss to combine. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Add nuts, seeds, and/or goat cheese.

Ingredients

42 grams Kale Leaves (chopped)

30 milliliters Extra Virgin Olive Oil (divided)

20 grams Arugula

257 grams Pinto Beans (cooked, rinsed and drained)

1 Beet (large, peeled, chopped)

1/2 Lemon (juiced)

Sea Salt & Black Pepper (to taste)



Slow Cooker Vegan Chili

13 ingredients · 8 hours · 8 servings



Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze up to four months.

Serving Size

One serving is roughly 1 1/2 cups.

Serve it With

Toast, quinoa, brown rice, or a salad.

Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly

Omit the chili powder and puree until smooth. Serve with tortilla chips.

Extra Spicy

Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens

Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings

Top with green onion or diced avocado.

Ingredients

1.5 kilograms Canned Whole Tomatoes

354 grams Red Kidney Beans (cooked, drained and rinsed)

364 grams White Navy Beans (cooked, drained and rinsed)

330 grams Frozen Corn

2 stalks Celery (diced)

2 Green Bell Pepper (de-seeded and chopped)

2 Carrot (chopped)

1 White Onion (diced)

4 Garlic (cloves, minced)

4 grams Cumin

1 gram Oregano

24 grams Chili Powder

18 grams Sea Salt



Kale & White Bean Caesar Salad

9 ingredients · 25 minutes · 3 servings



Directions

1. Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
2. While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
3. Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
4. Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian

Omit the bacon, or use coconut bacon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

4 slices Bacon
40 grams Hemp Seeds
30 milliliters Water
9 grams Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
126 grams Kale Leaves (chopped)
364 grams White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)



Foul Mudammas MB

10 ingredients · 10 minutes · 2 servings



Directions

1. Add the fava beans, water, and salt to a pot and heat over medium heat. Use a potato masher to gently mash about half of the beans, leaving some chunky pieces. Scoop into a shallow serving bowl.
2. In a small bowl mix the garlic, tomatoes, jalapeño, and lemon juice. Add to the top of the fava beans. Drizzle the oil on top and garnish with parsley. Serve with rye bread and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for two days.

Serving Size

One serving is one cup.

More Flavor

Add cumin and/or tahini to the fava beans.

Additional Toppings

Sliced hard-boiled eggs.

Gluten-Free

Omit the pita or use a gluten-free pita.

Ingredients

383 grams Fava Beans (from the can, drained and rinsed)

118 milliliters Water

2 grams Sea Salt

1 Garlic (clove, minced)

75 grams Cherry Tomatoes (diced)

1/4 Jalapeno Pepper (minced)

1/2 Lemon (juiced)

15 milliliters Extra Virgin Olive Oil

8 grams Parsley (curly, chopped)

1 slice Light Rye Crisp Bread



Simple Lentil Flatbread

3 ingredients · 3 hours 30 minutes · 5 servings



Directions

1. Soak the lentils in 2/3 of the water in the fridge for at least three hours or up to overnight.
2. Drain and rinse the lentils well then transfer to a high-speed blender with the remaining water and the salt. Blend on high speed for about a minute until the batter is smooth and creamy.
3. Heat a nonstick pan over medium heat. Add approximately a 1/4 cup of the batter to the hot pan. Then quickly using a spatula or spoon spread the batter into a circle six to seven inches in diameter.
4. Cook the flatbreads for four to six minutes carefully flipping halfway through (do not overcook). Transfer to a plate or cooling rack to cool completely. Repeat with the remaining batter.
5. Use the cooked flatbreads for sandwich wraps, tacos, or for dipping. Enjoy!

Notes

Leftovers

Store in an airtight container in the refrigerator for up to five days or freeze between pieces of parchment paper for up to three months. Warm in a dry pan for best results.

Serving Size

One serving equals one flatbread.

More Flavor

Add dried herbs and spices to the batter.

Ingredients

- 104 grams** Dry Red Lentils
- 356 milliliters** Water (divided)
- 2 grams** Sea Salt



Pressure Cooker Cajun Black Eyed Pea Soup

11 ingredients · 25 minutes · 4 servings



Directions

1. Turn your pressure cooker to sauté mode and add a splash of the vegetable broth. Add the onion, celery and bell pepper and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the cajun seasoning. Stir to combine.
2. Add the tomatoes, kale, salt, black eyed peas and broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
3. Carefully remove the lid, and stir to combine. Divide between bowls, top with cilantro, if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

No Fire Roasted Tomatoes

Use regular canned tomatoes.

Ingredients

713 milliliters Vegetable Broth

1 Yellow Onion (chopped)

2 stalks Celery (chopped)

1 Yellow Bell Pepper (chopped)

2 Garlic (cloves, minced)

10 grams Cajun Seasoning

363 grams Fire Roasted Diced Tomatoes

63 grams Kale Leaves (roughly chopped)

6 grams Sea Salt

301 grams Black Eyed Peas (from the can, drained and rinsed)

5 grams Cilantro (chopped, optional)



One Pan Okra & Black Eyed Peas MB

6 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. In a large baking sheet, add the okra, black-eyed peas, oil, paprika, and salt. Toss until well combined, then spread evenly.
3. Arrange the tomatoes evenly on top and roast for 20 minutes, stirring halfway.
4. Stir and season with more salt if needed. Transfer to bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cup.

More Flavor

Use smoked paprika or berbere spice instead. Add garlic and onions.

Additional Toppings

Serve with rice, bread, quinoa, or over mixed greens.

Ingredients

300 grams Okra (trimmed, chopped)

430 grams Black Eyed Peas (cooked, drained and rinsed)

15 milliliters Extra Virgin Olive Oil

5 grams Paprika (to taste)

2 grams Sea Salt (to taste)

500 grams Cherry Tomatoes (drained, halved)



Tomato Chickpea Stuffed Potato

8 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Brush the flesh of the sweet potato halves with oil. Bake face-down on the baking sheet for 20 to 30 minutes, or until tender.
3. Meanwhile, heat a pan over medium-high heat. Cook the onions and garlic in the balsamic vinegar until soft. Add the tomatoes and chickpeas and cook until warmed through, about five minutes. Stir in half the green onions and set aside.
4. Divide the sweet potato halves onto plates and top with the tomato chickpea mixture. Garnish with the remaining green onions and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals half a medium sweet potato topped with approximately one cup of the chickpea mixture.

Ingredients

- 3 Sweet Potato (medium, halved lengthwise)
- 15 milliliters Extra Virgin Olive Oil
- 1 Sweet Onion (small, sliced)
- 2 Garlic (cloves, minced)
- 30 milliliters Balsamic Vinegar
- 363 grams Crushed Tomatoes (from the can)
- 328 grams Chickpeas (cooked)
- 2 stalks Green Onion (sliced, divided)



Roasted Chickpeas, Cauliflower & Brussels Sprouts

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss all of the ingredients together except for the dill. Spread them out on the baking sheet. Cook for 20 minutes or until nicely browned, tossing halfway through.
3. Top the cooked mixture with lemon juice and dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Chopped walnuts and/or sunflower seeds.

Ingredients

246 grams Chickpeas

61 grams Dried Unsweetened Cranberries

176 grams Brussels Sprouts (trimmed and halved)

1/2 head Cauliflower (medium, cut into florets)

2 Garlic (cloves, minced)

30 milliliters Extra Virgin Olive Oil

30 milliliters Lemon Juice

556 milligrams Fresh Dill (chopped)



Smashed Chickpea Spinach Salad

8 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, add the chickpeas, half of the oil, half of the lemon juice, paprika, salt, and pepper. Mix to combine. With the back of a fork, lightly mash the chickpeas, leaving some whole.
2. Heat a pan over medium-low heat and add the chickpeas into the pan with the remaining liquid from the bowl. Stir in the minced garlic. Sauté for four to five minutes. Add a splash of water if needed.
3. To assemble, evenly divide the spinach, chickpeas, and microgreens into bowls. Drizzle the remaining oil and lemon juice on top. Season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Top with your favorite dressing. Sauté the spinach with the chickpeas.

Additional Toppings

Sliced avocado, feta cheese, fresh parsley, dill, cilantro.

Ingredients

246 grams Chickpeas (cooked, rinsed)
30 milliliters Extra Virgin Olive Oil (divided)
1 Lemon (large, juiced, divided)
1 gram Paprika
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
120 grams Baby Spinach
43 grams Microgreens



Roasted Vegetable & Chickpea Salad with Cilantro Chimichurri

11 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Place the carrot and red onion on the baking sheet. Spray with avocado oil and season with salt and pepper. Bake in the oven for 15 to 20 minutes or until the vegetables are cooked.
3. Meanwhile, in a small bowl, mix together the cilantro, lemon juice, garlic, chili flakes, and olive oil. Season with salt and set aside.
4. Place the chickpeas, roasted red pepper, carrot, and red onion on a plate. Top with the cilantro chimichurri and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add broccoli and zucchini.

No Cilantro

Use parsley instead.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 3 Carrot (medium, chopped)
- 160 grams Red Onion (chopped)
- 2 grams Avocado Oil Spray
- Sea Salt & Black Pepper (to taste)
- 4 grams Cilantro (chopped)
- 15 milliliters Lemon Juice
- 1 Garlic (cloves, minced)
- 600 milligrams Chili Flakes
- 30 milliliters Extra Virgin Olive Oil
- 219 grams Chickpeas (drained, rinsed)
- 142 grams Roasted Red Peppers (sliced)



Lebanese Musabaha

10 ingredients · 10 minutes · 4 servings



Directions

1. Add the chickpeas to a pot with water and salt. Bring to a simmer and cook for two minutes. This step is meant to heat the chickpeas and soften them.
2. Add 3/4 of the chickpeas to a food processor along with the water they were warmed in, garlic, tahini, lemon juice, and half of the oil. Pulse until you get a chunky mixture. The texture should be runnier than hummus.
3. Add the chickpea mixture to a serving dish. Garnish with the reserved chickpeas, the remaining oil, parsley, and cumin. Serve with pita. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days.

Serving Size

One serving is approximately 1/2 cup with half of a pita.

More Flavor

Add chopped chilli peppers. Serve with pickled vegetables.

Additional Toppings

Chopped tomatoes, paprika and/or red onion.

Gluten-Free

Use gluten-free pita or omit.

Ingredients

328 grams Chickpeas (from the can, drained, divided)

119 milliliters Water

2 grams Sea Salt

2 Garlic (clove, small, minced)

45 grams Tahini (runny)

1/2 Lemon (juiced)

30 milliliters Extra Virgin Olive Oil

3 grams Parsley (minced)

1 gram Cumin

2 Whole Wheat Pita



Falafel Patties

10 ingredients · 35 minutes · 4 servings



Directions

1. Add all of the ingredients except the oil to a food processor. Blend on high until a batter is created.
2. Form the batter into four to five-inch diameter patties, approximately 3/4-inch thick. There should be one patty per serving.
3. Heat the oil in a large pan over medium heat. Add the patties and cook for five to seven minutes on each side, until browned and starting to crisp. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is equal to one patty.

Serve it With

In a bun or pita with tomato, lettuce, and hummus or tzatziki.

More Flavor

Add fresh or dried dill.

Ingredients

492 grams Chickpeas (drained and rinsed)

1/2 Yellow Onion (chopped)

2 Garlic (cloves)

80 grams All Purpose Gluten-Free Flour

15 grams Parsley

6 grams Mint Leaves

2 grams Cumin

2 grams Baking Powder

6 grams Sea Salt

15 milliliters Extra Virgin Olive Oil



Fennel, Quinoa & Toasted Chickpea Salad

9 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions.
2. Meanwhile, add the oil to a large non-stick skillet over medium-high heat. Once warm, add the almonds and lightly toast them, about one minute.
3. Add the chickpeas and cook until golden and crispy, about three to five minutes, stirring occasionally. Add the smoked paprika. Season with salt and pepper and cook for one more minute while stirring. Remove from the heat.
4. In a large bowl, combine the quinoa, fennel, and mixed greens.
5. Divide the salad evenly between plates. Top with the chickpea mixture, dressing, and almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add additional vegetables such as cucumbers and grated carrots.

Additional Toppings

Shallots, parsley, basil, mint, other chopped nuts, and/or seeds.

Ingredients

85 grams Quinoa (dry)

30 milliliters Extra Virgin Olive Oil

36 grams Almonds (coarsely chopped)

164 grams Chickpeas (cooked)

575 milligrams Smoked Paprika

Sea Salt & Black Pepper (to taste)

1/2 bulb Fennel (medium, thinly sliced)

57 grams Mixed Greens

45 grams Green Goddess Salad Dressing



Lentil Salsa with Toast

4 ingredients · 10 minutes · 1 serving



Directions

1. In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
2. Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Notes

Leftovers

Refrigerate the lentil salsa in an airtight container for up to four days.

Serving Size

One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

More Flavor

Add cayenne or your choice of spices and herbs.

Additional Toppings

Avocado or plain yogurt.

No Lentils

Use chickpeas or black beans instead.

Ingredients

149 grams Green Lentils (cooked, drained and rinsed)

195 grams Salsa

1 gram Cilantro (chopped, optional)

1 slice Gluten-Free Bread (toasted)



Chickpea Shakshuka

6 ingredients · 15 minutes · 1 serving



Directions

1. In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
2. Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
3. Season with salt and pepper and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add onion and bell pepper.

Additional Toppings

Add feta cheese and fresh herbs.

Ingredients

164 grams Chickpeas (cooked)

63 grams Tomato Purée

2 grams Harissa

15 grams Baby Spinach

1 Egg

Sea Salt & Black Pepper (to taste)

