

Creative Cooking

DR. HELEN STODDART DDCC000030

SEASON 3 EPISODE 6 CHICKPEA CHICKS



CHICKPEA CHICK'UN SALAD

INGREDIENTS

- 2 (15 oz) cans of garbanzo beans, mashed
- 1 ½ tsp vegan, chicken-flavored seasoning
- 2 Tbsp nutritional yeast flakes
- 1 tsp dried tarragon
- 1 tsp ground garlic
- 1 tsp onion powder
- 1 tsp dried basil
- 1 ½ tsp black salt
- ½ cup **Spicy Cashew Mayo** (see next recipe)
- salt to taste
- ¼ cup sweet onion, chopped
- 2 sticks celery, ribs only, chopped

INSTRUCTIONS

Drain and rinse the beans. Smash the beans in a bowl and add seasonings. Mix well.

Add ½ cup Spicy Cashew Mayo and combine well.

Spread on gluten-free bread, add 2 lettuce leaves, tomato, sweet onion, and cucumber and enjoy.

Spread on gluten-free crackers or fresh celery, cucumber, or carrot sticks, too, for a tasty treat!

SPICY CASHEW MAYO

INGREDIENTS

- 1 cup of raw unsalted cashews, soaked and rinsed
- ½ cup of water
- 2 tsp of apple cider vinegar
- 2 tsp of freshly squeezed lemon juice
- ¾ tsp of pink Himalayan salt or other safe salt
- fresh clove or two of fresh garlic (2 small or one large)
- 1 tsp smoked paprika
- dash cayenne pepper

INSTRUCTIONS

Begin by preparing the cashews for blending by soaking. The quick method is to soak your cashews in hot water for at least 20 minutes. Generally speaking, the longer you soak most varieties of nuts, the creamier they blend. In the case of cashews, they are soft to begin with, so a short soak usually does the trick just fine. Once the soaking method of choice is complete, drain and rinse the cashews and add them to a blender along with the rest of the ingredients. Blend until smooth and a bit fluffy.

Taste the mayo and adjust the flavor with more salt, vinegar, or lemon juice, according to your preference.

You can immediately serve your Spicy Cashew Mayo or chill it if you prefer your mayo cold.

It will also thicken up a bit once it has cooled; it's amazing.

Store your homemade Spicy Cashew Mayo in a sealed container in the fridge for up to about a week or even a little longer - it keeps well. But chances are, once you taste this stuff, your homemade jar of mayo will be empty well before a week has passed.

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BASIL HUMMUS

INGREDIENTS

- 2 (15 oz) cans of chickpeas
- ¼ cup tahini
- 3 cloves garlic
- 1 cup fresh basil leaves, roughly chopped
- 2 Tbsp oat milk, optional
- ½ tsp sea salt

INSTRUCTIONS

Boil chickpeas for 15 minutes until mushy. Drain.

Place tahini, garlic, basil leaves, oat milk, and sea salt in a food processor. Pulse until the mixture is roughly chopped.

Serve immediately or keep in fridge in an airtight container.

SEASONED CHICKPEA SALAD

INGREDIENTS

- 1 can of chickpeas, drained and unrinsed
- 1 tsp ground garlic
- 1/8 tsp salt
- 1 tsp dried oregano
- 1 head of green leaf lettuce
- 1-2 organic tomatoes, diced
- 1 cucumber, chopped
- ¼ cup fresh cilantro

INSTRUCTIONS

In a sauté pan, dry sauté chickpeas with garlic, salt and oregano until slightly browned. Stir frequently to prevent scorching. Set aside.

Layer the bottom of a salad bowl with lettuce, tomatoes, cucumber, seasoned chickpeas, and cilantro.

Alternate each layer so that each one is filled with yummy goodness.

Top with fresh cilantro. Use the Pimento Crushed Salad dressing (next recipe) or another favorite.

CRUSHED PIMENTO SALAD DRESSING

INGREDIENTS

- 4 Tbsp lemon juice
- ¾ cup water
- 2 large garlic cloves (or 1 jumbo-more if you like)
- 2 Tbsp pure maple syrup or local honey
- 3 Tbsp apple cider vinegar
- 1 tsp dried basil
- ¼ tsp smoked paprika
- 2 pimento seeds crushed
- 1 tsp salt

INSTRUCTIONS

Place all ingredients in your high-speed blender and blend smooth.

Serve over your favorite salad.