# Crispy Mediterranean Chickpea Bowl with Farro and Yogurt

Makes 2 bowls

<table>
<thead>
<tr>
<th>Protein</th>
<th>Sauce</th>
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<tbody>
<tr>
<td>2 can chickpeas drained and rinsed (15 oz. cans)</td>
<td>½ cup thick yogurt</td>
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<tr>
<td>1 ½ Tablespoon olive oil</td>
<td>2 tablespoons tahini</td>
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<tr>
<td>½ teaspoon cumin ground</td>
<td>2 tablespoons harissa (optional, you can use more tahini)</td>
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<tr>
<td>½ teaspoon garlic powder</td>
<td>1 tablespoon olive oil extra virgin</td>
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<tr>
<td>¼ teaspoon coriander powder</td>
<td>1 tablespoon lemon juice</td>
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<tr>
<td>Pinch of cayenne</td>
<td>2 small clove garlic minced</td>
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<tr>
<td>1 pinch ground allspice</td>
<td>Salt as needed</td>
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<tr>
<td>1/4 teaspoon salt (if unsalted beans were used)</td>
<td>Water to thin out</td>
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<table>
<thead>
<tr>
<th>Base; farro</th>
<th>Roasted Vegetables</th>
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<tbody>
<tr>
<td>1 teaspoon olive oil</td>
<td>1 zucchini, halved lengthwise and cut into bite-size pieces</td>
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<tr>
<td>1 rib celery, diced</td>
<td>1 bell pepper cored, seeded and cut into bite-size pieces</td>
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<tr>
<td>½ onion, diced</td>
<td>½ large red onion, cut into 1/2-inch wedges</td>
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<tr>
<td>1 carrot, diced</td>
<td>olive oil</td>
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<tr>
<td>2 cloves, garlic, minced</td>
<td>salt and pepper to taste</td>
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<tr>
<td>1 ½ cups farro</td>
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<tr>
<td>3 cups water</td>
<td></td>
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<tr>
<td>Salt to taste</td>
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<table>
<thead>
<tr>
<th>Extra Dressing and Toppings (optional)</th>
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<tbody>
<tr>
<td>2 tablespoons olive oil</td>
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<tr>
<td>2 tablespoons red wine vinegar</td>
<td></td>
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<tr>
<td>1 cloves garlic minced</td>
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<tr>
<td>¼ teaspoon oregano</td>
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<tr>
<td>Salt and pepper to taste</td>
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<tr>
<td>2 tablespoons fresh mint, minced</td>
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<tr>
<td>2 tablespoons fresh parsley</td>
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<tr>
<td>5 oz tomato grape or cherry tomatoes, halved</td>
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1. **To make chickpeas** preheat your oven to 375 degrees. Drain chickpeas and pat dry. Place chickpeas in a single layer on a microwave-safe dish. Microwave the chickpeas for 8-10 minutes or until they are dry, and the seams have split.

2. Mix chickpeas with oil and pour on an oven-safe baking sheet lined with parchment/foil or baking spray, making sure to crowd the chickpeas in one layer towards the middle of the pan, edges will burn easier, cook for 30 minutes.
3. Remove pan from oven and toss with remaining spices, return to oven and roast until chickpea are dry, golden brown, and a little shriveled, about 20-30 minutes more. Cool to room temperature to achieve crispiness before using it.

4. **To make farro**: heat oil in a pot over medium-high heat. Saute celery, onion, carrot, and garlic until onion is fragrant, about 3 minutes. Stir in farro and cook for 1 minute to lightly toast, add water, and season with salt. Bring water and farro to a boil, cover pot with a lid, and reduce heat to low. Cook for 30-40 minutes or until tender. Strain and set aside.

5. **To make roasted vegetables**, preheat oven to 400 degrees, line a baking sheet with parchment paper or baking toss chopped vegetables with oil, and salt and pepper roast for 12-15 minutes or until tender.

6. **To make the yogurt sauce**: combine all ingredients, season to taste

7. **To serve**, in a small bowl, mix the olive oil, vinegar, garlic, oregano, mint, parsley, cherry tomatoes, and salt and pepper, season to your liking. Arrange bowls with farro on the bottom, topped with chickpeas, vegetables, tomato mix, and yogurt sauce. Serve.

**Tools**
- Microwave safe dish
- Microwave
- Baking sheet lined with parchment/foil or baking spray x 2 (vegetables and chickpeas)
- Mixing bowl x 2 (chickpeas and roasted vegetables)
- Small mixing bowl x 2 (yogurt sauce and tomato mixture)
- Pot with lid for farro
- Wooden spoon
- Tasting spoons
- Knife

**Chocolate Coconut Almond Tart Bites**

Makes 16 bites, depending on size

**Crust**
- 1 cup (140g) unsalted whole almonds
- 1 cup (90g) almond flour
- 2 Tablespoons pure maple syrup
- 3 Tablespoons coconut oil, melted

**Filling**
- 9-ounce bittersweet chocolate, coarsely chopped
- 2 teaspoons pure maple syrup
- 10 oz full-fat coconut milk well shaken before using
- handful unsweetened coconut, almonds for garnish

1. Preheat your oven to 300 degrees and coat 8-10 mini tartlet shells with nonstick spray or butter.
2. In a food processor, combine almonds with almond flour and pulse until coarsely chopped, drizzle in maple syrup and coconut oil, mix until mixture resembles wet sand.
3. Press the dough into prepared tart shells and then bake in the oven for 8-10 minutes or until light golden brown.
4. To make filling combine chocolate and maple syrup in a small bowl. Bring coconut milk to a boil in a small pot or pan and pour over chocolate and maple syrup. Do not mix right away; wait for 30-60 seconds, then mix until smooth.

5. Divide filling into cooled tart shells top with coconut and extra almonds and then cover and refrigerate for at least 3 hours and up to 3 days.