



# SPICED CHICKPEA SALAD WITH GARLICKY BAKED TORTILLA CHIPS

FAST. EASY. FRESH.

**1.** Preheat your oven to 400°F. Spray a baking sheet with nonstick spray and then lay your **tortillas** down onto it. Spread ½ tsp. **oil** over each one using the back of a spoon, then sprinkle with **garlic powder**, **sesame seeds**, **parsley**, and a good pinch of **salt**. Bake in the oven for 6-7 minutes until they are golden brown and crispy.

**2.** Meanwhile, prep the rest of your ingredients. Cut the **cucumber** into small, bite-sized pieces and slice the **grape tomatoes** in half. Peel the **shallots**, cut them in half lengthwise, and then thinly slice. Zest about half your **lemon** (zest more if you like things with more lemon!). Drain and rinse the **chickpeas**.

**3.** Heat 2 Tbsp. oil in a large pan over medium heat. Add the chickpeas, **cumin**, and **sumac** and cook until the chickpeas begin to brown slightly and start to pop, about 5-7 minutes. Add the lemon zest, a squeeze of lemon juice, and season with salt to taste. Mix to combine then remove from the heat.

**4.** In a large bowl, mix together the cucumbers, tomatoes, shallots, and cooked chickpeas. Pick the leaves off your **cilantro** and add those to the mix.

**5.** Drizzle over 1 Tbsp. of olive oil and a squeeze of fresh lemon juice, then season with salt and **pepper** to taste. To serve, dish out the salad and serve with your tortilla chips. Enjoy!

## Ingredients (4 Person Serving – 519 Calories Per Serving)

Olive Oil	3 Tbsp. + 2 tsp.	Shallots	4
Chickpeas	2 540 ml. Cans	Cilantro	Small Bunch
Sumac	3 tsp.	Tortillas	4
Ground Cumin	½ tsp.	Garlic Powder	¼ tsp.
Lemon	1	Sesame Seeds	½ tsp.
Cucumber	1	Dried Parsley	½ tsp.
Grape Tomatoes	45	Salt and Pepper	To Taste



# 30 Minute Cook Time!