

Spices Around the World

Fall 2019



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Curried Chickpea Salad

Vegetarian. Can be vegan, gluten-free. Common allergens: tree nuts, may contain egg (mayo)



Ingredients

- 15 ounce can chickpeas, rinsed and drained or 1 3/4 cup cooked chickpeas
- 1/2 cup toasted cashews
- 1/4 cup mayonnaise (can use vegan mayo)
- 1-2 carrots, peeled and finely diced
- 1/4 cup raisins
- 2 tablespoons mango chutney
- 1 stalk green onion, sliced, about 2 tablespoons
- 2 teaspoons curry powder
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon black pepper

Instructions

1. Combine all ingredients in a bowl and stir until well combined.
2. Serve on top of a salad, in a romaine lettuce boat, or in a sandwich or pita.

Serves 4

Note

To achieve a softer texture and a mixture that sticks together more, mash about half of the chickpeas with a fork, picking out the loose skins afterwards. Alternatively, put the chickpeas in a towel and rub with the towel to loosen the skins first, then discard the skins and mash.



Shakshuka

Vegetarian, gluten-free. Common allergens: eggs

Serves 3

Ingredients

- 2 tablespoons olive oil
- 1/2 medium yellow onion, diced
- 2 cloves garlic, minced
- 3 cups ripe tomato, diced
- 1/4 cup tomato paste
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt or to taste
- 6 large eggs
- 2 cups fresh baby spinach, optional

Instructions

1. Heat oil in a large skillet over medium-high heat. Add onion and cook until they begin to brown, about 5-7 minutes, stirring occasionally.
2. Add garlic and cook for 30-60 seconds, until fragrant. Add tomatoes, tomato paste, cumin, paprika, and salt and cook for 2 minutes, stirring occasionally, until tomatoes start to break down.
3. Add spinach if using and cook until it begins to wilt, 1-2 minutes.
4. Use a large spoon to make 6 indentations for the eggs. Crack eggs into those spots, cover and simmer until eggs are set, about 7-10 minutes.

Notes

- Serve with a slice of crusty bread.
- Eggs can be substituted with white beans
- Fresh tomatoes can be substituted with a large (28 oz) can of diced tomatoes.