

LENTIL FRITTERS

with Lemon-Garlic Yogurt

INGREDIENTS

FOR THE FRITTERS

- | | |
|---|---|
| 1 tablespoon + ¼ cup avocado oil, divided | ½ teaspoon cayenne |
| ½ cup finely diced white onion | ½ cup chickpea flour |
| 2 cloves garlic, minced | ½ teaspoon kosher salt |
| 2 teaspoons ground cumin | ½ teaspoon cracked black pepper |
| 2 teaspoons ground turmeric | ½ cup red lentils, picked over and rinsed |
| | 1 ½ cups of water |

FOR THE YOGURT

- | | |
|--------------------------|---|
| 2 cloves garlic | 1 teaspoon lemon zest |
| ½ teaspoon kosher salt | 1 tablespoon lemon juice |
| ½ cup plain Greek yogurt | ½ teaspoon freshly cracked black pepper |

INSTRUCTIONS

1. Heat 1 Tbsp. oil in a medium saucepan over medium heat. Add onions; cook, stirring occasionally, until softened, 3 to 4 minutes. Add garlic, cumin, turmeric and cayenne and cook, stirring constantly, until fragrant, about 1 minute. Transfer to a mixing bowl along with the chickpea flour, salt and pepper. Return saucepan to stove and add lentils and water, bring to a boil over medium-high heat; reduce heat to medium-low to maintain a simmer. Cover and cook until the lentils are tender, 20 minutes.

2. Meanwhile, make the yogurt. Chop the garlic, then finely mince. Sprinkle with ½ teaspoon kosher salt and using the back of your knife, smash and smear salt into garlic. Run knife through mixture, then smash and smear again. Repeat the process until you create a garlic paste. Add paste to a bowl with the yogurt, lemon zest, lemon juice and remaining ½ teaspoon pepper. Cover and refrigerate until ready to eat.

3. Drain lentils and transfer to the bowl with cooked onions, garlic, seasonings and chickpea flour. Using a large spoon, mix to combine. Shape into 8, equal-sized patties.

4. Set a skillet over medium-high heat, add ¼ cup oil. Once hot, add half of the fritters and cook, turning once, until golden brown on both sides, about 3 to 4 minutes per side. Transfer to a paper-towel-lined plate. Repeat with the remaining fritter mixture, adjusting heat as needed.

5. Serve fritters topped with yogurt.

Recipe twist: Add ¼ cup chopped nuts to the fritter batter for a bit of crunch.

DEFINED: What does it mean when we say "picked over"? It means looking over them or sorting through them in the strainer and pulling out any broken beans or debris, such as little stones, before rinsing.



CHICKPEA FLATBREADS (SOCCA)

with Chopped Mediterranean Salad

Serves 4

INGREDIENTS

FOR THE SOCCA

- 1 cup chickpea flour (4 ½ ounces)
- ½ teaspoon kosher salt
- 1 cup water
- 3 tablespoons + 1 teaspoon olive oil, divided
- 1 garlic clove, grated

FOR THE SALAD

- 3 Roma tomatoes, seeded and finely diced
- ½ cup pitted Kalamata olives, chopped
- ¼ cup finely diced red onion
- 1 cup finely diced seedless cucumber
- 1 cup chopped flat leaf parsley
- 1 cup cooked chickpeas*, roughly chopped
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- ¼ teaspoon kosher salt
- ½ teaspoon cracked black pepper

INSTRUCTIONS

TO MAKE THE SOCCA

1. Move one oven rack to the middle position and place a 12-inch cast iron skillet or other heavy, oven-safe, non-stick skillet on it. Move the other rack to the uppermost position and preheat oven to 450°F.
2. Combine chickpea flour and salt in a large bowl. Whisk in water and 1 Tbsp. oil. Stir in garlic. Cover and let rest at least 20 minutes (and up to 4 hours).
3. Carefully remove skillet from oven and add 2 Tbsp. oil; swirl to coat bottom of the skillet. Pour in the batter, tilting the skillet to evenly distribute and cover the bottom. Bake until golden and edges are set, 10 to 12 minutes. Remove from oven, brush top with remaining 1 tsp. oil and return to oven, this time on the upper rack. Turn on broil and cook until brown in spots. Remove skillet from oven and carefully transfer socca out of the skillet to cooling rack.

TO MAKE THE SALAD

Combine tomatoes, olives, onion, cucumber, parsley and chickpeas in a large bowl. Add the olive oil, vinegar, salt and pepper; toss to coat.

TO SERVE

Cut socca into wedges or squares. Place salad in a serving bowl. Use socca for scooping salad.

INGREDIENT NOTE:
If using canned chickpeas, be sure to drain and rinse before using.

INGREDIENT SWAP: Try this salad using any pulse! Swap in cooked lentils, Great Northern beans or black-eyed peas for the chickpeas.



SMASHED PINTO BEAN TACOS

with Pickled Red Onions & Smoky Chipotle Crema Slaw

Serves 4

INGREDIENTS

FOR THE SLAW

- ¼ cup plain Greek yogurt
- 1 canned chipotle pepper in adobo sauce, minced + 1 teaspoon adobo sauce
- 1 teaspoon lime zest
- 1 tablespoon fresh lime juice
- ½ teaspoon honey
- ¼ teaspoon kosher salt
- ¼ cup chopped fresh cilantro
- 3 cups shredded coleslaw mix

FOR THE BEANS

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground cayenne pepper
- 1 can (15 ounce) pinto beans, drained and rinsed

FOR THE TACOS

- 8 corn tortillas, warmed
- 1 ripe avocado, diced
- 1 lime, cut into wedges
- Pickled onions

INSTRUCTIONS

1. Combine the yogurt, minced chipotle pepper and adobo sauce, lime zest, lime juice, honey and salt in a medium bowl and stir until blended. Add the cilantro and coleslaw mix and toss to coat.

2. Heat the oil in a small saucepan set over medium heat. Add the garlic, cumin and cayenne and cook, stirring constantly, until fragrant, 1 minute. Stir in pinto beans and ½ tsp salt, cover and cook 30 seconds, remove lid and cook, stirring occasionally, 2 more minutes. Remove from heat.

3. Top warmed tortillas with pinto beans, slaw and avocado. Serve with a lime wedge.

PREP TIP: Make the pickled onions one day in advance.

TO MAKE PICKLED ONIONS

Combine ½ cup warm water, ½ cup white vinegar, 1 tsp. granulated sugar and 1 tsp. salt in a large jar and stir until sugar and salt are mostly dissolved. Set aside. Thinly slice 1 small red onion and place in a bowl. Cover with 4 cups of boiling water, let sit 1 minute. Strain onions, and carefully transfer to the jar. Push onions down with a wooden spoon to ensure they're fully covered in liquid. Allow to cool before covering with a lid. Refrigerate until ready to enjoy.

