

Recipe: Chickpeas with Pita Chips and Yogurt-Tahini Dressing

Serves: 6

Ingredients:

- 2 whole wheat pita breads (spilt and tear into 3-inch pieces)
- 2 cups chick peas drained
- 2 Tbsp extra virgin olive oil
- 1 cup organic yogurt(low fat or whole-milk)
- 2 Tbsp tahini (sesame seed paste)
- ½ juice of lemon
- 2 scallions, trimmed and finely chopped
- Sea salt and pepper, to taste
- Pinch of crushed red pepper

Directions:

1. Set oven at 350 degrees. Have a baking sheet on hand
2. Transfer pita pieces to baking sheet
3. Sprinkle them lightly with oil and salt
4. Toast them for 10 minutes or until golden crispy. Remove and set aside.
5. In a bowl combine chick peas, red pepper, salt and black pepper
6. Add 2 Tbsp of olive oil and toss well
7. In small bowl mix together yogurt, tahini, lemon juice, salt and pepper
8. Line serving platter with toasts and spoon chick pea mixture on top.
9. Drizzle yogurt dressing over chick peas.
10. Garnish with scallions and serve.

Optional:

Add toasted pine nuts on top.

* as seen in Boston Globe Magazine

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

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