



TACO INGREDIENTS

1 cup dried chickpea or no salt added
canned chickpeas
1 medium tomato, chopped
1-2 inch ginger piece, chopped
1 tablespoon cooking oil of your choice
1 teaspoon salt
1 teaspoon red pepper
1 teaspoon cumin
½ teaspoon turmeric
1 teaspoon cilantro powder
1 teaspoon chana masala (optional)
¼ cup fresh cilantro, for garnish
Whole wheat roti or tortilla

DRIZZLE INGREDIENTS

1 cup cilantro
¼ medium onion
½ medium tomato
2 cloves of garlic
1 teaspoon salt
1 cup whole milk yogurt
Green chili or jalapeño (optional)



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Chickpea Tacos

Vegetarian | Entree | 220 calories per serving



4 servings



Dry chickpeas - 8.5 hours

Canned chickpeas - 30 minutes

DIRECTIONS

1. Rinse chickpeas twice with water and add 4 cups of water. Soak them overnight for at least 6-8 hrs.
2. Place soaked chickpeas along with water in an Instant Pot and pressure cook for 12 minutes. (Skip steps 1 and 2 if using canned chickpeas; drain the chickpeas and rinse once).
3. Make the drizzle by blending all the ingredients, except yogurt, together. Next, add the blended mix to the yogurt.
4. In a skillet, heat oil at medium heat. Add cumin, ginger and tomatoes. Sauté for 3-4 minutes.
5. Once the tomatoes are well cooked, add the remaining spices and salt. Turn off the heat.
6. Once the chickpeas are cooked, they should be soft and mashed when pressed with two fingers. Drain off excess liquid and mix into the tempered spice mix. Garnish with cilantro.
7. Assemble the taco by filling the tortilla with chickpeas and drizzling some of the yogurt mix on top.

Nutritional Notes

Chickpeas are high in protein and fiber, making them the perfect food for a plant-based diet. They are also a good source of iron, vitamin B6, magnesium and potassium.

Cilantro has antioxidant, anti-inflammatory and some antidepressant properties.



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