

Chickpea Salad Stuffed Pita Pockets Recipe

Adapted from Pass the Love (wafflesandmochi.org)

Ingredients

2 ribs celery	1 Tbsp Dijon mustard
½ cup parsley	½ lemon, juiced
1 scallion	¼ teaspoon celery salt
1 can chickpeas (15 oz)	¼ teaspoon pepper
¼ cup mayonnaise or vegan mayonnaise	4 pita rounds
	2 cups spring lettuce mix

Directions

- 1.) Finely dice the celery. Chop the parsley. Thinly slice the scallion.
- 2.) Drain and rinse chickpeas, add to the large bowl. Add chopped celery, chopped parsley and sliced scallions to the large bowl.
- 3.) Add mayonnaise, Dijon mustard, celery salt, pepper, and lemon juice. Mash all ingredients with a fork or potato masher to desired consistency.
- 4.) Cut pita rounds into halves. Carefully open the pita halves and stuff with lettuce. Spoon the chickpea salad into the pitas. Eat immediately. Serve with pickles and veggies sticks.

Vegetable Spring Rolls

Ingredients

1 cup torn butter lettuce, ribs removed	¼ cup thinly sliced green onions
1 cup very thinly sliced red cabbage	¼ cup roughly chopped fresh cilantro
2 medium carrots, peeled and cut into thin matchsticks	¼ cup roughly chopped fresh mint
1 small cucumber, very thinly sliced or sliced into thin matchsticks	1 teaspoon sesame oil
2 medium jalapeños, ribs and seeds removed, thinly sliced	Pinch of salt
	8 sheets rice paper (can be found in the international section to the grocery store, near Asian ingredients)

Directions

- 1.) Wash and prepare all the vegetables. Combine the green onion, cilantro, mint, sesame oil and a pinch of salt in a small bowl and stir.
- 2.) Fill a shallow pan or dish with an inch of water. Fold a lint-free towel in half and place it next to the dish. Make sure your prepared fillings are within reach.
- 3.) Place one rice paper in the water and let it rest for about 20 seconds. Wait until the sheet is pliable but not floppy. Carefully lay it flat on the towel.
- 4.) Leaving about 1 inch of open rice paper around the edges, cover the lower third of the paper with a few pieces of butter lettuce, cabbage, and a few strips of carrot, cucumber, and jalapeño. Sprinkle generously with the herb mix.
- 5.) Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito and continue to roll. Repeat with the remaining ingredients. Serve the spring rolls with your favorite dipping sauce.

Dolmades

Ingredients

½ cup extra virgin olive oil – divided	½ cup chicken broth
½ sweet onion such as Vidalia, finely chopped	2 tablespoons finely chopped fresh fill or 2 teaspoons dried dill
zest of one lemon	¼ cup finely chopped flat leaf parsley
½ cup pine nuts, roughly chopped or walnuts roughly chopped *optional	2 lemons juiced
1 cup long grain rice	1 16 oz jar of grape leaves in brine (about 60-70 leaves) drained and rinsed

Directions

- 1.) Add ¼ cup olive oil to a large sauté pan and place over medium heat.
- 2.) Add the finely chopped onion and lemon zest and stir until soft and onions become translucent.
- 3.) Add the pine nuts and rice, sauté for 2 minutes, stirring to coat.
- 4.) Pour in 1/2 cup of chicken stock and lower the heat.
- 5.) Simmer until the liquid is absorbed and the rice is al dente, about 10 minutes.
- 6.) Place rice mixture into a bowl and add the dill and parsley; season with salt and pepper. Set aside.
- 7.) Drain and rinse grape leaves. Trim any stems or hard veins.
- 8.) Use any torn or ripped leaves to layer the bottom of a large pot, Dutch oven, or deep skillet.
- 9.) Place one vine leaf (shiny side down) on a flat surface and add 1 tsp of the filling at the stem end.
- 10.) Be careful not to overfill the dolmades, the rice will expand during cooking. Fold the lower section of the leaf over the filling towards the center; bring the two sides in towards the center and roll them up tightly.
- 11.) Place the stuffed vine leaves folded side down on the bottom of the pot.
- 12.) Fit snugly into the bottom of the pot careful not to leave any gaps between the dolmades to prevent them from cracking open when cooking.
- 13.) Drizzle the stuffed vine leaves with the rest of the olive oil and lemon juice.
- 14.) Place an inverted plate on top to hold them down when cooking and pour in enough water just to cover them.
- 15.) Place the lid on and simmer the dolmades for about 30-40 minutes, until the water has been absorbed and the dolmades remain only with the oil.
- 16.) Remove the pot from the heat, carefully remove the lid and plate and let the dolmades cool for at least 30 minutes. Discard leaves layered on the bottom of the pot.
- 17.) Serve cold or at room temperature with a squeeze of fresh lemon. Can be stored in the fridge for 2-3 days.