

Pantry Chickpea Bruschetta Topping

INGREDIENTS

- 1 15-ounce can chickpeas, rinsed and drained
- 1/2 8-ounce jar sun-dried tomatoes, drained and chopped
- 1 clove of garlic, pressed
- 1/2 lemon, juiced, or 1 tablespoon lemon juice
- 1/4 cup parsley*, finely chopped, optional
- 1 teaspoon salt, to taste
- 1 tablespoon olive oil or oil from the sun-dried tomatoes

DIRECTIONS

1. Place chickpeas in medium-sized bowl and smash with potato masher or wooden spoon until most have been crushed.**
2. In the same bowl, combine the remaining ingredients and stir well.
3. Taste mixture and add more salt or oil, if needed.
4. Serve atop bruschetta (grilled/toasted bread slices) or another item of choice like crackers, mini cucumber boats, cucumber slices, or halved mini-sweet peppers.

* You can substitute other greens for the parsley; spinach, kale, or swiss chard, finely chopped, will work too. The goal is to use what is available for this recipe.

** For a prettier final product, remove the skins from the chickpeas before smashing. Remove the skins by placing the drained chickpeas in a warm bowl of water and rub them vigorously with your hands. The skins will float to the top and can be skimmed off before draining and preparing the recipe. Honestly, that seems like a lot of extra effort for such a simple recipe, but it is an option.



Roti

INGREDIENTS

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 cup of water
- Butter for serving

DIRECTIONS

1. In a large bowl, mix together flour and salt. This recipe can be made with all whole-wheat flour, if desired.
2. With your fingers, begin to mix in the water a little at a time - you may not need all the water or you may need more.
3. Mix until the dough starts to come together and begin kneading. It should not be sticky, add a very small amount of flour if needed.
4. Knead the dough until it becomes soft, about 5-6 minutes. If it is too hard, add a teaspoon of water to soften the dough.
5. Once kneaded, place the dough in the bowl and cover with a damp cloth. Let the dough rest for 30 minutes
6. After 30 minutes, knead the dough again for a minute or two. Divide the dough into 12 portions.
7. Begin heating a dry skillet or cast iron pan to medium-high heat while you form the dough. The pan must be hot enough to cook the roti quickly.
8. Work with one dough section at a time, leaving the remaining portions covered with the damp cloth. With your hands, form the dough into a round disc and flour both sides of the dough.
9. Begin rolling the dough into a 5-inch circle, turning often to ensure even thickness.
10. Cook in the hot skillet about 30 seconds on one side before flipping to the other side for another 30 seconds.
11. Flip back to the original side and press down with a spatula or towel until the bread puffs up.
12. Add a little butter (ghee would be traditional) and place on a towel covered plate. Keep wrapped while making remaining rotis and until served.

