

 **Prep:** 15 minutes
 **Cook:** 10 minutes
 **Servings:** 4

Roasted Fennel and Chickpea Panzanella

INGREDIENTS

4 cups day-old bread, *cut into large chunks*
½ cup extra virgin olive oil, *divided*
1 teaspoon sea salt
fresh cracked pepper
1 clove garlic, *minced*
1 fennel bulb, *sliced*
1 tablespoon balsamic vinegar
½ lemon, *juiced*
1 teaspoon paprika
½ can (15-16 oz.) of low-sodium chickpeas, *drained*
2 Roma tomatoes, *diced*
½ English cucumber, *diced*
¼ red onion, *diced*
¼ cup pine nuts, *toasted*
½ bunch cilantro, *gently chopped*

DIRECTIONS

1. Preheat oven to 375°F convection. Toss diced bread in 2 tablespoons olive oil, garlic, 1 teaspoon salt and ½ teaspoon fresh cracked pepper. Bake for 10 minutes until golden brown.
2. On another sheet pan, toss the fennel with 2 tablespoons of olive oil and 1 teaspoon salt and roast for 10 minutes.
3. Whisk together remaining ¼ cup olive oil, balsamic vinegar, lemon juice, paprika, and 1 teaspoon salt. Cool bread and fennel and toss with tomatoes, cucumbers, red onion, pine nuts and cilantro. Toss with dressing and serve.

Recipe courtesy of Chef Casey Bowthorpe, Harmons Grocery, Salt Lake City, UT



 Prep: 10 minutes

 Servings: 6

Red Bean Dip

INGREDIENTS

1 can (15-16 oz.) red beans,
drained and rinsed

1 lemon, *juiced*

2 tablespoons tahini

2 tablespoons extra virgin olive oil

2 teaspoons cajun seasoning

salt and pepper

DIRECTIONS

1. In a food processor, combine all ingredients. Season to taste with salt and pepper.





 **Prep:** 25 minutes
 **Cook:** 1 hour
 **Servings:** 6-8

Banana White Chocolate Pudding

INGREDIENTS

1 can (15-16 oz.) cannellini beans, *drained*
2 ripe bananas, *sliced, divided*
1 tablespoon vanilla extract
13.5 oz. can coconut milk
5 oz. dairy-free white chocolate chips
or melting wafers
2 teaspoons coconut oil
Whipped cream and cookie wafers
for serving, as desired

DIRECTIONS

1. Place beans, slices from 1 banana (reserving the other banana for serving), vanilla extract and coconut milk in a food processor. Blend until smooth and creamy.
2. Place the white chocolate chips and coconut oil in a microwave safe bowl.
3. Heat in microwave, stirring every 20 seconds with whisk, until just melted.
4. Add the melted chocolate to the food processor, and pulse until well-combined.
5. Transfer to a tight-lidded container and store in refrigerator.
6. To serve, layer the remaining banana slices in between pudding layers in a pretty glass dish and top with whipped cream and your favorite wafer-style cookies.

Grilled Caesar Salad with Aquafaba Dressing & Parmesan Chickpea "Croutons"



Photo: Lorelle Del Matto, MS, RDN, CD

 **Prep:** 30 minutes

 **Cook:** 30 minutes

 **Servings:** 4

INGREDIENTS

Parmesan-Lemon Chickpea "Croutons":

1 can (15-16 oz.) chickpeas
1 clove garlic, *smashed*
2 tablespoons olive oil
Salt and freshly ground black pepper
2 tablespoons Parmesan cheese, *grated*
1 teaspoon lemon zest

Salad:

2 romaine hearts
Olive oil
Parmesan cheese, *grated*

Aquafaba Caesar Dressing:

1/3 cup aquafaba, liquid saved from drained chickpeas
1-2 cloves garlic
2 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
1 anchovy
3/4 teaspoon Worcestershire sauce
1/4 teaspoon salt, more to taste
1/4 teaspoon ground black pepper, more to taste
1/2 cup olive oil

DIRECTIONS

- For Chickpea Croutons:** Drain chickpeas, saving 1/3 cup liquid for dressing. Rinse chickpeas and drain again. Spread chickpeas on baking sheet lined with a clean kitchen towel. Set aside 30 minutes to dry.
- Position rack in center of oven and preheat oven to 425°F.
- Gently warm olive oil and smashed garlic in a saucepan on the stove (or in a glass measuring cup in a microwave oven) for a few seconds, just until fragrant. Set aside for a couple of minutes to cool. Turn into a bowl and discard garlic. Add chickpeas and toss to coat.
- Line a large, rimmed baking sheet with parchment. Spread chickpeas on sheet. Roast, stirring every 10 minutes, until chickpeas are crisp on the outside and begin to darken, 25 to 30 minutes. Remove to a plate. Stir in parmesan and lemon zest. Add salt and pepper to taste. Set aside.
- For Dressing:** In a blender container, combine aquafaba and garlic. Process until frothy, about 20 seconds. Add lemon juice, mustard, anchovy, Worcestershire sauce, salt and pepper. Process until blended. With machine running on lowest setting, slowly pour 1/2 cup oil through feed tube (or lid held ajar). Add more salt and pepper, as desired. Dressing can be made a day or two ahead; cover and chill.

- For Salad:** Preheat a clean grill for direct grilling over medium- to medium-high heat. You can also use a stove-top grill pan.
- Halve romaine hearts, leaving core intact. Place on a baking sheet. Brush all sides lightly with olive oil.
- Grill romaine hearts, cut side down, until grill marks form, 1 to 2 minutes. With tongs, flip over and grill for another minute or two. Remove to a serving platter or plate.
- To serve, spoon dressing over romaine, sprinkle with parmesan cheese and chickpea croutons.

Recipe created by
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Grand Prize Winner,
2021 Washington State
& Oregon Academy
Recipe Contest



**Canned
Beans**

OPEN THE POSSIBILITIES