

Crispy Chickpea Bowl with Garlic Sesame Dressing

Fresh seasonal vegetables and crispy, roasted chickpeas served over nutty bulghur make a healthy dinner any time of the year. Mix up the veggie colors to please the eye as much as the palate. Serve with warm, spiced cider in the cooler months or a 961 Lebanese pale ale when outdoor temperatures rise. “Kesak!”



Ingredient list for 2 servings

2 cups cooked bulghur

For Roasted Chickpeas

1 15-ounce can chickpeas - rinsed, well drained and towel dried

2 tablespoons toasted sesame oil

2 teaspoons tahini - stirred

2 teaspoons maple syrup

1 teaspoon soy sauce

1 teaspoon chili garlic sauce or ½ teaspoon red pepper flakes
(adjust to preferred heat level)

Dressing

4 tablespoons rice vinegar

2 tablespoons lime juice

1 ½ tablespoons toasted sesame oil

1 tablespoon maple syrup (plus more to taste)

1 tablespoon soy sauce

1 teaspoon chili garlic sauce or ½ teaspoon red pepper flakes
(adjust to preferred heat level)

4 cloves garlic, minced

For Serving

2 - 3 cups bite-size vegetables (such as cabbage, bell pepper, broccoli, snap peas, cucumber, or carrots)

1 scallion – chopped (optional)



¼ cup finely chopped roasted salted peanuts or cashews (optional)

- Add 1 cup bulghur to 2 cups water; bring to a boil and simmer on low heat 12-15 minutes until water is absorbed. Set aside.
- Preheat oven to 425°F (218°C). Rinse and drain chickpeas well. Then pat very dry — this will help them crisp up.
- In a medium mixing bowl add 2 tablespoons toasted sesame oil, tahini, maple syrup, soy sauce and chili garlic sauce; whisk to combine. Then add chickpeas and toss to coat.
- Arrange on a parchment-lined baking sheet and bake for 20-25 minutes, tossing/stirring once at the halfway point to ensure even baking. They're done when crisp and deep golden brown. Set aside.
- Next prepare dressing by adding vinegar, lime juice, sesame oil, maple syrup, soy sauce, chili garlic sauce, and garlic to a small mixing bowl; whisk to combine.
- Taste and adjust flavor as needed, adding more lime or vinegar for acidity, salt for saltiness, maple syrup for sweetness, or chili garlic sauce for added heat. You want this to be quite flavorful so taste often to achieve a bold dressing!
- Prepare any vegetable garnishes / toppings at this time and set aside.

- To serve, divide grains between serving bowls and top with chickpeas, veggies of choice, and dressing.

Note: Store leftovers covered in the refrigerator up to 3 days with dressing on the side.

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