

Ingredients

- 2 cups drained well-cooked or canned chickpeas, liquid reserved
- 1/4 cup tahini (sesame paste), optional, with some of its oil
- 1/4 cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic, peeled, or to taste
- Salt and freshly ground black pepper to taste
- Juice of 1 lemon, plus more as needed
- 1 tablespoon ground cumin or paprika, as a sprinkling for garnish (optional)
- Chopped fresh parsley leaves for garnish (optional)

Rooted Nutritional Nugget

Like all legumes, chickpeas contain both protein and fiber in healthy proportions. They are very economical and a versatile ingredient to always have on hand.

Ingredients

- 2 cups grated cucumber (from about 1 medium 10-ounce cucumber, no need to peel or seed the cucumber first, grate on the large holes of your box grater)
- 1 ½ cups plain Greek yogurt
 - Vegan/dairy-free option: cashew yogurt or sour cream (Forager Project)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh mint and/or dill
- 1 tablespoon lemon juice
- 1 medium clove garlic, pressed or minced
- ½ teaspoon fine sea salt

Rooted Nutritional Nugget

One of our favorite meals is a baked potato, loaded with whatever veggies you have on hand and topped with dairy-free sour cream or Tzatziki.



Instructions

1. Pulse garlic until it is minced.
2. Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
3. Taste and adjust the seasoning (you might need more salt and/or more lemon juice). Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.

Serve with carrots, cucumber or pita slices.

TZATZIKI

Instructions

1. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl, and repeat with the remaining cucumber.
2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary (I thought this batch was just right as-is).
3. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about 4 days.

Serve with carrots, cucumber or pita slices.

