

CALIFORNIA CHICKPEAS SALAD NICOISE

Serves: 4-6

For the chickpea 'tuna' Combine the following ingredients below into a bowl.

- 3 cups cooked chickpeas or 2 15 oz can
- ¼ of a red onion - finely chopped (about ½ cup finely chopped)
- 2 tablespoon capers
- 1-2 tablespoon Dijon mustard(to taste...try one tablespoon and add more to your liking)
- juice of 1 lemon (don't add all at once. Taste and add a little at a time to taste)
- splash or two of apple cider vinegar
- large pinch of sea salt (or to taste)
- freshly ground black pepper to taste
- generous splash of olive oil
- about 1/2 cup chopped dill

Dressing: Combine together and set aside.

- 1 teaspoon Dijon mustard
- 3 tablespoons minced shallots
- 2 teaspoons maple syrup
- sea salt to taste
- freshly ground black pepper to taste
- 1/4 cup of olive oil
- 1/3 cup white wine vinegar

For the salad

- about 1 1/2 lb small potatoes, boiled until tender, cooled and then cut in quarters
- one diced avocado
- 2 large handfuls green beans - strings removed if present, boiled al dente and cooled
- 1-2 heads of butter lettuce (depending on how large a crowd you are feeding)
- 1½ - 2 cups cherry tomatoes - halved
- about 1 cup pitted olives - roughly chopped or leave them whole.

INSTRUCTIONS:

to make the chickpea tuna

1. Mix all the chickpea tuna ingredients in the bowl and put into a food processor. Pulse about 5 times, no more, into a chunky mixture. Taste for salt and seasonings and adjust if needed. Alternatively, this can be done with a potato masher. Set aside.

to make the salad

1. Arrange the lettuce leaves on a large platter. Arrange the green beans, potatoes, tomatoes, and olives on top. Spoon the chickpea 'tuna' over the salad and drizzle with the salad dressing. Enjoy

VEGAN CHOCOLATE MUFFINS

These muffins are delicious and easy to make. You can also make vanilla muffins by omitting the cocoa powder.

WET INGREDIENTS

- 1 cup cold mashed baked sweet potato (the Japanese sweet potatoes that are white inside works best for vanilla muffins)
- 3/4 cup any kind of plant milk. I usually use soy milk or cashew milk.
- 1/2 cup smooth cashew or almond butter or peanut butter (any natural nut or seed butter works). I used cashew butter which has a neutral flavor.
- 1/2 cup + 2 tbsp. maple syrup.

DRY INGREDIENTS

- 1/4 tsp fine sea salt (if nut butter is salted, no extra salt necessary)
- 1 1/2 tsp baking powder
- 3/4 tsp. baking soda
- 1/2 cup cocoa powder
- 1 cup all- purpose flour
- 1/3 cup chocolate chips

METHOD

1. Preheat the oven to 350° F and line a muffin tray with paper liners or grease it well.
2. You could do this step in a food processor or use beaters if you wish. Combine mashed sweet potato with plant milk by adding the milk gradually. Add nut butter and maple syrup and stir thoroughly to combine.
3. Next, fold in cocoa powder, salt, baking powder and baking soda.
4. Finally by hand fold in flour and the chocolate chips. Be careful not to overmix – fold the flour in gently only until there are no flour pockets left.
5. Distribute the batter between 12 muffins and bake for 21-22 minutes, or until a toothpick comes out clean.

NOTE: For Vanilla Muffins omit the cocoa powder and add 1 teaspoon vanilla extract. Cashew butter works best for Vanilla Muffins.

* **CHOCOLATE FROSTING**-Makes enough to frost 10-12 cupcakes

7 Medjool dates

1/2 cup full fat or low-fat canned coconut milk (if needed put in the microwave to warm it up so the solids combine with the liquid)

1/4 cup salted cashew butter, 1/4 cup cocoa powder unsweetened

4 drops liquid stevia, 1/2 teaspoon vanilla extract.

Blend all together until smooth. Refrigerate a few hours to firm up and then frost the cupcakes.