



Romaine Lettuce Tacos (2 serving entrée or 4 serving appetizer)

Ingredients

Tacos:

1 head romaine lettuce - *remove large stem*

Filling:

1 cup hummus*

1 15.5 oz can chickpeas - *drained, rinsed and roughly mashed*

1 cup cherry/grape tomatoes - *halved*

1/2 cup alfalfa sprouts

1/2 cup hazelnuts - *chopped*

1 cup carrots - *finely shredded*

3/4 cup red cabbage - *thinly sliced*

1 ripe medium avocado - *cubed*

2 Tbsps hemp seeds

1/2 cup toasted pepitas *or* pumpkin seeds**

1 cup broccoli slaw

Sauce:

1/3 cup tahini - *raw and untoasted*

2 tablespoons lemon juice

1 tablespoon maple syrup

1 pinch sea salt (*optional*)

Preparation

- Add mashed chickpeas to the hummus and stir the mixture until chunky, but spreadable. Add water if necessary. (*If making hummus, prepare first using 5-Minute Plain Hummus recipe listed below.*)
- Arrange lettuce leaves on a serving platter. Spread 1-2 tablespoons of hummus on each leaf, then top with tomatoes, sprouts, carrots, cabbage, avocado, broccoli slaw, nuts and hemp seeds.
- Prepare sauce by adding tahini, lemon juice, maple syrup, and salt to a small mixing bowl and whisking to combine. Add water 1 tablespoon, at a time, until a pourable dressing is formed. Taste and adjust flavor as needed, adding more salt for overall flavor, lemon for acidity, or maple syrup for sweetness. Transfer to a serving vessel, ramekin, or set aside.
- Drizzle with tahini sauce, or serve on the side. Tacos are best served fresh. (*continued*)



- Store leftover tacos in the refrigerator for up to 3 days (be sure to add lemon or lime juice to avocado to help it from turning brown). Tahini sauce will keep for 4-5 days.

* 5-Minute Plain Hummus

1 15-ounce can chickpeas (NOT drained)

2-4 cloves garlic

1/2 cup tahini

2 Tbsps lemon juice - fresh

1 tsp sea salt (to taste)

1-2 Tbsps extra virgin olive oil

- Microwave undrained chickpeas and whole garlic cloves in a mixing bowl for 4-5 minutes. Reserve 1/2 of the chickpea liquid to add in as needed while blending.
- Add the other 1/2 of the chickpea liquid with the chickpeas and garlic to a blender/food processor, and process with lemon juice, salt and tahini. Stream in olive oil while mixing. Process until smooth and creamy, scraping down sides as needed. Add more of the reserved chickpea liquid as needed for creamier texture.
- Taste and adjust seasonings as you prefer. Garnish with a little more olive oil and paprika.
- Leftovers keep in the refrigerator for up to 1 week or more.

**Oven Toasted Pepitas

- Preheat oven to 350.
- In a bowl, mix the pepitas and add 1 teaspoons of olive oil, stir well until the oil has coated all the seeds. Once the pepitas are coated, stir in 1 teaspoon of salt and spread them onto a lined baking sheet. Bake for about 10-15 minutes, shaking the pepitas about half way through. Store any extras in a glass jar.

This recipe was prepared on S1: Episode 4 of the video podcast "Dishing with Patricia."
