

HEALTHY SOMERSET RECIPES

Romaine Lettuce

Mediterranean Chickpea Wedge Salad

Ingredients:

- 1 (15 oz.) can chickpeas, *drained and rinsed*
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- ¼ teaspoon coriander
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 romaine lettuce hearts, cut into wedges
- ½ medium cucumber, thinly sliced into half moons
- ½ small red onion, thinly sliced into half moons
- 2 roasted red peppers, thinly sliced
- ¼ cup feta cheese, crumbled

Directions:

1. Preheat oven to 400 F.
2. Place drained and rinsed chickpeas on a paper towel or kitchen towel to dry completely.
3. In a medium bowl, combine chickpeas, olive oil, cumin, paprika, coriander, cinnamon, salt and pepper. Stir to combine, then place on a large half sheet baking pan lined with parchment paper, making sure the chickpeas are in a single layer.
4. Bake for 25 minutes, shaking the pan halfway through to ensure they crisp up evenly on all sides. Set aside to cool.
5. Slice romaine lettuce hearts in half or in quarters (depending on the size) to create large, individual portions. Place them on one large tray or on individual plates.
6. Top each lettuce heart with equal amounts of cucumber, red onion, and roasted red peppers. Top with heaping spoonfuls of roasted chickpeas. DRIZZLE with dressing of choice.



HEALTHY SOMERSET RECIPES

Beef or Shrimp Taco Salad

Ingredients:

- 1 pack taco seasoning
- 1 lb beef or shrimp
- 1 Tbsp Olive Oil
- 1 cup cooked corn (canned or cooked from frozen)
- 1 cup shredded cheddar cheese (or Tex-Mex blend)
- 1 head romaine lettuce, *chopped* (about 6-7 cups)
- 2 cups grape tomatoes, *halved*
- ½ cup red onion, *diced*
- 1 medium ripe avocado, *diced*
- ½ cup fresh cilantro, loosely packed
- 1 cup tortilla chips, crushed

For the dressing:

- ¼ cup Greek yogurt (or sour cream)
- 2-3 tablespoons lime juice

Directions:

1. Heat oil in a large skillet for 2 minutes over medium-high heat until the hot oil sizzles. Add ground beef (or shrimp) and stir well to cook evenly until browned, about 6-8 minutes. Make sure to break up beef into small pieces to help even browning.
2. Add taco seasoning and 1/4 cup of water. Reduce heat to medium and let the mixture simmer for 3-5 minutes until the sauce thickens a bit, stirring occasionally. Turn off heat and set aside while you assemble the salad.
3. In a large serving bowl, add all salad ingredients including lettuce, tomatoes, red onion, avocado, corn, cheese, cilantro, and tortilla chips.
4. In a small bowl, whisk to combine the Greek yogurt and lime juice. The dressing will be a little thick. You can add extra lime juice to taste or to thin it out.
5. Dollop a spoonful of dressing over the salad and toss to combine.

