



Book ^{N'} COOK

Roasted Chickpeas + Zucchini

August 2024

Tools

- Spoon
- Measuring spoons
- Paring knife
- Measuring cups
- Cutting board
- Baking dish
- Small and medium mixing bowl
- Oven mitts

Ingredients

Roasted Chickpeas + Zucchini

- 1 can cooked chickpeas
- 1 large zucchini
- 1 medium onion
- 2-3 tablespoons olive oil
- 2 garlic cloves
- 2-3 teaspoons of different spices or a seasoning blend

Tahini Dressing

(pg 160 in *Dynamite Kids Cooking School*)

- 6 tablespoons tahini paste
- Juice of 1 lemon
- ½ teaspoon kosher salt
- ¼ cup warm water

Preparation

1. To get started, set your oven to 425 and rinse your vegetables.
2. Slice the zucchini in half and then into ¼ inch slices, half moons. Cut the onion into medium chunks and place all vegetables in a mixing bowl.
3. Slice or mince garlic cloves and add them into the bowl with the olive oil and spices.
4. Mix all the ingredients in the bowl with a spoon or your hands and pour into the baking dish.
5. Bake for 30-35 minutes or until golden brown.
6. To prepare the dressing, combine the tahini paste, lemon, salt and warm water until blended, creamy, and a pourable consistency.
7. Pile your vegetables in a bowl and drizzle on the tahini dressing. Serve and enjoy!

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