

## *Chick Pea & Grilled Corn Chop Salad*

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Serves 6

### **Ingredients**

1 t oil

1/3 c pumpkin seeds

¼ t smoked paprika

¼ t salt

2t oil

1 c tinned chickpeas, rinsed & drained

½ t salt

¼ t smoked paprika

¼ t chipotle powder

¼ c chopped sundried tomatoes (packed in oil)

3 green onions

4" length of English cucumber

1 red pepper

1 ear of corn

Dressing:

3T canola oil

1½ T lime juice

1 t honey

½ t cumin

¼ t chipotle

¼ t salt

1 head romaine lettuce, washed and torn/chopped

Optional: 200 grams Queso Fresco cheese

### **Directions**

Drizzle 1 t + of oil in a skillet over medium-high heat

Add in the pumpkin seeds, stir occasionally until puffed slightly and they're started to pop a bit, and are just starting to brown ~ about 2 minutes

Sprinkle the smoked paprika and salt over, and stir gently.

Remove to a plate. Reserve.

Add 2 teaspoons of oil to the same pan, over med-high heat.

Add in the chickpeas, stirring occasionally for about 3 minutes, until they are popping a bit, and have become golden brown.

Remove from heat

Add in ½ t salt, ¼ t smoked paprika, and ¼ t chipotle powder.

Stir to coat.

Reserve.

Over a hot grill, char the pepper and grill the corn. The pepper will take longer than the corn, and you want it to have lots of blackened areas. The corn will be grilled on all sides, and it's okay if there's a bit of black on the cob.

Remove the pepper & corn from the grill when ready.  
Cut the corn kernels from the cob.  
Cover the pepper with a bowl on the countertop. Let it steam, and cool for about 20 minutes. Peel off all the skin, and core the pepper, wipe out all the seeds, moisture, and membranes. Cut into ½" pieces.  
Trim and thinly slice the green onions  
Cut the cucumber into uniform pieces, about ½" cubes.  
Blot the sundried tomatoes dry, and chop.  
Whisk together the dressing ingredients.  
Mix the chickpeas, corn, grilled pepper, green onions, cucumber, and sundried tomatoes in a bowl.  
Toss with all of the dressing.  
Arrange the romaine on a platter.  
Spoon all of the chop salad onto the lettuce, leaving the lettuce showing all around the edges.  
Scatter with Queso Fresco if using (not shown)  
To finish, scatter the smokey pumpkin seeds over the top.