



BLUE ZONES PROJECT
by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
BLUE ZONES PROJECT®

Chickpea Tacos

Yields: 4-6 servings

Per serving: 215 calories, 2 g fat, 654 mg sodium, 7 g fiber, 8% calories from fat

Ingredients

- 1 packet of taco seasoning
- 8 whole wheat taco shells
- Lettuce, tomato, assorted taco toppings
- 15 oz. can chickpeas / garbanzo beans
- 1 tbsp. Tamari (Japanese soy sauce)
- 2 tsp. lemon-juice

Directions

1. Preheat oven to 400°.
2. Whisk Tamari, juice, and taco seasoning together. Add rinsed chickpeas and toss until well coated.
3. Spray baking sheet with oil. Place chickpeas on sheet and bake 20-25 minutes until crunchy.
4. Assemble tacos with chickpeas, lettuce, tomatoes, and other taco toppings of your choice, and enjoy.