

# Eggplant Tacos

Yield: approximately 15 (vary depending on taco size)

## Ingredients:

### Filling:

- ½ large eggplant (chop into cubes: season to taste w/ garlic & pepper)
- ½ can of black olives (drain and chop)
- ½ large onion (chopped very fine)
- 2 cloves of garlic (minced)
- ½ cup red pepper (chopped)
- ½ cup green pepper (chopped)
- 4-5 sprigs of fresh cilantro chopped
- ½ can (15.5 oz.) garbanzo beans (drain and chop into paste)
- ½ can (8 oz.) black beans (drained)
- 1 cups Israeli couscous
- ½ tsp salt
- ½ tsp pepper
- ¼ cup olive oil
- ½ cup water
- 1 pkg. Whole Grain Hard Taco Shells

### Toppings:

Romaine Lettuce  
Tomato  
Salsa (Medium)  
Cheese (Mexican Blend)

## Directions:

1. Place chopped eggplant, olives, onion, garlic, red pepper, green pepper, cilantro and garbanzo beans into a large bowl.
2. Add ½ can of black beans, 1 cups couscous, ½ tsp salt, ¼ tsp pepper, ¼ cup olive oil and ½ cup water.
3. Mix well
4. Transfer ingredients into a large cooking pot and cook on medium heat for approximately 5 minutes stirring eggplant mixture frequently.
5. After about 5 minutes of cooking, lower heat and continue cooking for an additional 25 minutes or until mixture is soft.
6. If mixture sticks to the bottom of the pot add ¼ cup more water as needed.
7. Place eggplant mixture into taco shells and add toppings.
8. Serve and enjoy!

Variations of recipe: Whole Grain Soft tortilla shells

# Cranberry Chickpea Salad

## Ingredients:

- 1 can (15.5 oz.) garbanzo beans
- 1 head kale (chopped)
- 4 oz. dried cranberries
- ¼ cup olive oil
- 3 Tbsp. balsamic vinegar
- 1/8 tsp sea salt
- 1/8 tsp black pepper
- 1 small granny smith apple (cut into cubes)
- 1 small red delicious apple (cut into cubes)
- 1/8 cup lemon juice

## Directions:

1. Place garbanzo beans, kale, and cranberries in a large bowl.
2. In a small bowl combine oil, balsamic vinegar, salt and pepper and whisk ingredients together.
3. Pour mixture over salad and toss to mix.
4. Chop apples into cubes and place in a small bowl. Pour lemon juice over apple and mix.
5. Place apples on top of salad. Discard unused lemon juice.
6. Serve and enjoy!

Variation of recipe: variety of apples can be used depending on season