

# crispy chickpeas and pumpkin seeds with lime



## INGREDIENTS

- 2 cans (16 oz/455 mL) chickpeas, rinsed and well drained
- 2 Tbsp canola oil 30 mL
- 2 tsp smoked paprika 10 mL
- 1 tsp cumin 5 mL
- 1 tsp garlic powder 5 mL
- 1/2 cup hulled pumpkin seeds 125 mL
- grated zest from 1 medium lime (about 2 Tbsp/30 mL)

## INSTRUCTIONS

- 1 Preheat oven to 425 °F (220 °C).
- 2 In medium bowl, combine chickpeas, canola oil, paprika, cumin and garlic powder. Toss until well coated. Spread mixture on large baking sheet in single layer. Bake 30 minutes or until beginning to brown. Stir every 10 minutes.
- 3 Sprinkle with pumpkin seeds, stir and bake 5 minutes more or until chickpeas are crispy, being careful not to burn them.
- 4 Remove from oven and toss with lime zest. Let stand on baking sheet 30 to 45 minutes for crisp texture and peak flavors. When completely cooled, store in airtight container at room temperature for up to 2 days.

This tasty, healthy snack is rich in fiber and a good source of protein. Canola oil's neutral taste lets the lively flavors of smoked paprika and lime step to the fore.

**YIELD:** 10 servings **SERVING SIZE:** 1/3 cup (75 mL)

**NUTRITIONAL ANALYSIS** Per Serving: Calories 140, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 14 g, Fiber 4 g, Sugars 2 g, Protein 6 g, Sodium 200 mg, Potassium 65 mg

# chunky chicken, vegetable and rosemary stew



## INGREDIENTS

- 1 Tbsp canola oil 15 mL
- 12 oz boneless chicken breasts,  
cut into 1-inch (2.5-cm) pieces 350 g
- 1 Tbsp canola oil 15 mL
- 1 medium onion, cut in 8 wedges  
(about 1 cup/250 mL)
- 3 medium carrots, quartered lengthwise  
and cut into thirds (1 cup/250 mL)
- 1 medium celery stalk, cut into 1-inch  
(2.5-cm) pieces (1/4 cup/60 mL)
- 2 cups water 500 mL
- 2 dried bay leaves
- 1/4 tsp crushed red pepper flakes 1 mL
- 1 can (15 oz/426 mL) reduced-sodium  
navy beans, rinsed and drained
- 1 cup grape tomatoes, quartered 250 mL
- 1/2 cup chopped fresh parsley 125 mL
- 1 Tbsp chopped fresh rosemary 15 mL

## INSTRUCTIONS

- 1 In Dutch oven, heat 1 Tbsp (15 mL) canola oil over medium-high heat. Add chicken and cook about 3 minutes per side or until it begins to brown. (Center will still be slightly pink.) Remove from oven and set aside.
- 2 Add remaining 1 Tbsp (15 mL) canola oil, onion, carrot and celery. Sauté for 5 minutes or until just beginning to lightly brown on edges, stirring frequently. Add water, bay leaves and pepper flakes. Bring to boil over high heat. Reduce heat to medium low and simmer, covered, 20 minutes or until vegetables are tender.
- 3 Stir in chicken, beans, tomatoes, Italian parsley and rosemary. Cover and cook 5 minutes or until tomatoes are tender and chicken is cooked.

Here's a great one-pot meal to warm and soothe a hungry, weary body. Canola oil is a good source of healthy fats.

**YIELD:** 4 servings **SERVING SIZE:** 1 1/2 cup (375 mL)

**NUTRITIONAL ANALYSIS** Per Serving: Calories 330, Total Fat 10 g, Saturated Fat 1.5 g, Cholesterol 70 mg, Carbohydrates 26 g, Fiber 9 g, Sugars 5 g, Protein 34 g, Sodium 135 mg, Potassium 840 mg