



Chickpea Avocado Lettuce Wraps

Time: 10 minutes

1 large avocado, diced	Juice of 1 lime
1-15 oz. can of chickpeas, rinsed and drained	½ tsp. salt
2 Tbl. chopped cilantro	1/4 tsp. cumin
Diced jalapeno, to taste	2 Tbl. chopped onion
	6-8 lettuce leaves

1) Add the avocado and lime juice to a medium sized bowl and mash with a fork. Add the remaining ingredients, except for the lettuce leaves, and mash again until you are happy with the texture.

2) Mix with a spoon. Fill each lettuce cup with as much of the mixture as you like and serve.

From shelikesfood.com



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Spicy Orange and Pomegranate Salsa

Time: 10 Minutes

1 cup pomegranate seeds
3 oranges, peeled and separated into slices
Juice from 1 lime
2 serrano peppers, seeded and diced
½ onion, finely diced
2 Tbl. finely chopped cilantro
2 Tbl. cumin seeds, toasted
2 Tbl. olive oil
Salt and pepper, to taste

1) Combine the pomegranate seeds, orange slices and remaining juice, lime juice, diced onion, cilantro, serrano peppers, cumin seeds, olive oil, salt, and pepper in a bowl.

2) Mix the ingredients, taste, and adjust seasonings if needed.

3) Let the salsa rest in the refrigerator for about 30 minutes or until ready to eat.

From laylita.com



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