



**September 2011 Inner Circle Bonus:
“Slow Carb Recipes”**

– when you need carbohydrates but want to stabilize
your blood sugar!

Pan Fried Chickpeas

Ingredients:

1 (15oz) can chickpeas/garbanzos, drained and
rinsed or 1/2 Cup of dried soaked and cooked
chickpeas.

1 Tbsp. coconut oil
1 tsp. garlic powder
1 1/2 tsp. ground cumin
Salt and pepper to taste

Preparation:

1. Drain, rinse, and then dry chickpeas in a towel.
2. Heat the coconut oil in a small skillet over medium

high heat. Add the chickpeas and all other ingredients and cook, shaking the pan occasionally, until the peas begin to pop; about 7 minutes.

3. Drain chick peas on a paper towel, taste and adjust seasonings.

Eastern Red Lentil Soup

1tsp butter

1 onion chopped

1 - 2 Tbl minced garlic

1 tsp Turmeric

1 tsp ground cumin

1/8 tsp cayenne

1 cup chopped tomatoes

1 cup of dried lentils soaked for 3 hours

4 cups veggie stalk

1 tsp. sea salt

1 tsp. cumin seed

1 tsp. mustard seed

1 tsp. coriander

1/4 cup chopped cilantro.

Heat butter in a 4 quart pot. Saute onions and garlic until tender. Add cumin turmeric and cayenne and cook about 3 min. Add tomatoes and cook until they start to brake down. Add lentils, veggie stalk and salt. Let simmer for 45 min.

Heat pan and put cumin seed, coriander and mustard seed. toast them until they pop. Grind the seed and put this in the soup.

When ready to serve throw in the chopped cilantro.

Zucchini Falafel

1.5 Cups grated zucchini

3 Cups cooked or canned Chickpeas

1 red onion chopped roughly

1/2 tsp. paprika

1/2 tsp. baking powder

1/2 tsp. cumin

1 egg

1/2 cup minced cilantro

1/2-1 cup ground oats

Place the onion, paprika, cumin and baking powder in a food processor and pulse until finely chopped. Add in the zucchini and chickpeas and pulse again to begin to break up the mixture. Finally add the coriander leaves and pulse just enough to finely chop them.

Place the mixture into a bowl, add a lightly whisked egg and stir it through. As the mix will be soft add just enough oats to create a malleable mix.

Heat oil in a pan. Roll chickpea mixture into medium sized balls then slightly flatten (this will cause the center cook faster). Fry the chickpea cakes about 3-5 min. a side make sure they are nice and crisp. Serve on top of salad or with pita bread.

Mediterranean inspired bean salad

Ingredients

Vinaigrette:

2 tablespoons fresh lemon juice

1/4 cup olive oil

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Salad:

1 cup garbanzo beans

2 medium zucchini, diced into 1/4-inch pieces

1/2 cup frozen corn, thawed

1/2 small red onion, thinly sliced, rinsed

1-ounce Parmesan, cubed into 1/4-inch pieces

1/2-1 tsp red pepper flakes

Directions

For the Vinaigrette: In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper until combined.

For the Salad: Place the garbanzo beans, zucchini, corn, red onion, Parmesan cubes and red pepper flaked in a large salad bowl. Pour the vinaigrette over the salad and toss well.

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...at www.bengreenfieldfitness.com/innercircle/forum