# Chickpea Tacos

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

Serve this mildly spicy taco filling in taco shells with lettuce and other fresh veggies like chopped tomatoes, jicama, or cucumber. Or make it a taco bowl with the filling and toppings over rice.

## About the Recipe

**235 Calories · 12 g Protein · 11 g Fiber**
**Dinner**
**Gluten-free · Nut-free**

*Optionally serve with gluten-free taco shells if you are following a gluten-free diet.*

## Ingredients

***Makes 4 Servings***

- 2 15-oz cans (465 g) chickpeas, rinsed and drained
- 2 tbsp (30 mL), more if needed water
- 3/4 onion, chopped
- 1 zucchini and/or bell pepper, minced
- 2 tsp (10 mL) chili powder
- 2 tsp (10 mL) ground cumin
- 2 tsp (10 mL) smoked paprika
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) dried oregano
- 1/4 tsp (1.2 mL) allspice
- 1/4 tsp (1.2 mL) crushed red pepper flakes; or fresh minced chili pepper, to taste
- 3/4 tsp (3.75 mL) iodized salt
- 3 tbsp (45 mL) freshly squeezed lime juice
- 1 tsp (5 mL) molasses
- 8 to 12 small or 8 medium corn tortillas or flour tortillas (optional) **optional*

# Directions

1. Mash the chickpeas by pressing them with the bottom of a measuring cup on a cutting board. (This doesn't have to be thorough, just a rough mash/squish of most of the beans.)
2. Heat the water in a skillet over medium-high heat. Add the onion, zucchini or bell pepper, chili powder, cumin, paprika, garlic powder, oregano, allspice, pepper flakes, and salt. Cook, stirring occasionally, for 6 to 8 minutes, until the onion has softened. If the mixture is drying out and sticking, add another splash of water.
3. Add the mashed chickpeas, lime juice, and molasses and stir thoroughly. Reduce the heat to medium and cook, stirring, for 8 to 10 minutes, until mixture is heated through. Taste, and if you'd like extra salt or heat, add additional seasonings. If mixture is still dry or sticking, add another 2 to 3 tsp (10-15 mL) of water, increase the heat briefly, and scrape the skillet to help bring up the spices from the bottom of the skillet.
4. If you'd prefer, add chopped jalapeño or other another hot pepper to this mixture instead of crushed red pepper flakes. Add as much as you normally like. Place mixture in corn tortillas (or flour tortillas, if preferred).

# Nutrition Facts

*Per serving:*

Calories: 235

Fat: 4.5 g

Saturated Fat: 0.4 g

Calories From Fat: 16%

Cholesterol: 0 mg

Protein: 12 g

Carbohydrate: 40 g

Sugar: 9 g

Fiber: 11 g

Sodium: 503 mg

Calcium: 118 mg

Iron: 3.1 mg

Vitamin C: 15 mg

Beta-Carotene: 614 mcg

Vitamin E: 1.5 mg