

# ***Roasted Potato & Spiced Chickpea Salad with Onion Sauce***

Serves 12

## **Ingredients**

### **ROASTED POTATO**

- 1- 2 ***Organic Red Potatoes per Serving*** (12 - 24 potatoes)
- Seasonings: ***Sea Salt, Pepper, Rosemary***

### **SPICED CHICKPEA SALAD**

- 1 can or 2 cups ***Chickpeas***
- 1 package fresh ***sliced Organic Grape Tomatoes***
- 1 jar ***sliced Kalamata Olives***
- 6 ***diced Organic Mini Sweet Peppers***
- 1 package ***Organic Baby Spinach & Kale***
- Seasonings: ***Sea Salt, Pepper, Paprika, Garlic Powder***

### **ONION SAUCE**

- 3-4 ***sliced Sweet Onions***
- 5-6 ***Organic Garlic Cloves***
- 1 cup ***Vegetable Broth***
- 11 oz ***Organic Full-Fat Coconut Milk***
- 2 handfuls ***Fresh Basil***

## **Instructions**

### **ROASTED POTATO**

1. Bring a large pot of water to boil.
2. Wash the ***Red Potatoes*** and poke holes in them.
3. Boil the ***Red Potatoes*** until they are softened. Then remove them from the water.
4. Preheat the oven to 425 F
5. Spread the ***Red Potatoes*** out on a baking sheet. Smash them down with a fork until they look like individual patties.
6. Season the ***Red Potatoes*** and put them on to bake until they are golden brown.

### **ONION SAUCE**

1. Slice the ***Onions*** in thick pieces. Open the ***Garlic Cloves*** and cut off the ends.
2. Put a pot on the stove to medium-high, add the ***Onions*** and put the lid over the pot. Cook the ***Onions*** until they begin to release water.
3. Add the ***Garlic Cloves***, put the lid back on and cook until they start to turn gold.
4. Add the ***Vegetable Broth***, put the lid back on, bring to a boil then simmer until the ***Onions and Garlic*** are soft.
5. Add the ***Coconut Milk and Fresh Basil***. Bring to a simmer then turn off the heat.
6. Use the immersion blender in the pot until it turns into a thick and creamy ***Onion Sauce***.
7. Set aside with the lid on until ready to serve.

## SPICED CHICKPEA SALAD

1. Open the can of **Chickpeas** (or cook them if you soaked your own) drain and rinse them.
2. Slice and dice the **Tomatoes, Olives, Peppers**.
3. Put a pan on the stove to medium-low heat. Add the **Chickpeas, Tomatoes, Peppers, and Seasonings**. Cover and cook until it begins to soften.
4. Add the **Olives and Baby Spinach & Kale**. Cook until the **Baby Spinach & Kale** softens.
5. Set aside until ready to serve.

## SERVING

1. Place the golden **Roasted Potatoes** and **Spiced Chickpea Salad** on a plate and drizzle with the **Onion Sauce**.

ENJOY! 🌞

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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