

Recipes **From the Blue Zones® Kitchen**

Chickpea (Falafel) Patties

From The Blue Zones Kitchen

- Ingredients:**
- 2 cups dried chickpeas (or four 15 oz cans, drained)
 - 5 garlic cloves
 - ½ sweet onion, sliced
 - 1 cup cilantro
 - 1 cup parsley
 - 3 tsp ground cumin
 - 2 tsp ground coriander
 - 1 tsp salt
 - ½ tsp black pepper
 - 1/8 tsp ground cardamom
 - 1 Tbsp baking powder
 - Extra virgin olive oil as needed
 - Lemon wedges, for serving

- Directions:**
- If using dried chickpeas, place them in a large bowl. Cover with at least 6 cups of water. Allow to soak for 18-24 hours. Drain well. If using canned, skip this step.
 - Place the chickpeas and the remaining falafel ingredients (except olive oil) into a food processor. Grind until the mixture begins to hold together, scraping down the sides of the bowl occasionally.
 - Take a handful of the mixture and form a ball. If it doesn't hold together, grind it further. Don't add water, as this will make the dough too wet and it won't hold together.
 - Form the falafel into ¼-inch-thick patties.
 - Heat a medium skillet over high heat. When the skillet is hot, add enough oil to generously coat the pan and create a thin layer.
 - When the oil is hot, gently add the falafel patties to the skillet. Cook for a total of around 4 minutes, 2 minutes on each side or until browned. Remove to a paper towel-lined plate to cool.
 - Serve in a sandwich or on top of a sturdy salad with a squeeze of lemon.

Chickpeas are part of the legume family and boast a hearty portion of plant-based protein, fiber, zinc and iron. According to the 2015-2020 dietary guidelines, a healthy eating pattern includes having a variety of protein foods including legumes. A half cup of chickpeas contains about 6-8 grams of fiber. Fiber is important for heart health, by keeping cholesterol levels normal, as well as gastrointestinal health, by providing prebiotics to support gut health. Zinc and iron are helpful in keeping the immune system healthy.

Tips by by Marissa Martorana, RDN

Recipes **From the Blue Zones® Kitchen**

The Plantpower Way Potato Salad

From Blue Zones

- Ingredients:**
- 5 pounds red potatoes
 - 1 cup mayonnaise
 - 1/4 cup Dijon mustard
 - 2 tablespoons olive oil
 - 1 cup pitted Kalamata olives
 - 2 teaspoons sea salt
 - 1/4 cup fresh chopped dill
 - Fresh dill sprigs
 - 1/4 cup pepitas

- Directions:**
- Wash the potatoes well, scrubbing the skins to remove any soil.
 - In a large pot of water, boil the potatoes on high heat until soft but not mushy. Potatoes are done when a fork slides easily into the center of the potato without breaking it apart.
 - Pour the potatoes into a colander and drain. If you wish to remove the skins, run a small stream of cold water over the potatoes and easily rub the skin off using your thumbs and fingers. (Leaving the skin on gives the dish a nutrient boost and enhances the hearty, country-style vibe.)
 - In a large serving bowl, whisk together the mayonnaise, Dijon and olive oil.
 - Add the warm potatoes. Using a knife, cut the potatoes crosswise and lengthwise into roughly 1/2" pieces. Do this quickly; don't sweat precision. Keep cutting in all directions until all the potato slices are approximately 1/2" in size.
 - Using a large spoon, start turning the potatoes into the dressing at the bottom of the bowl. Continue until the mixture is well incorporated.
 - Add the two teaspoons of salt and mix again. Now add the olives, pepitas and the fresh dill. Turn over again until well combined. Adjust salt to taste.
 - Garnish with fresh dill sprigs and serve!

This simple potato salad recipe can be enjoyed warm or cold the next day and is the perfect side dish to a summer meal. Potatoes are a rich source of potassium, which can help keep blood pressure and nerve function normal. The fresh dill and kalamata olives add a nice compliment of color to the white and red of the potatoes. The added crunch of pepitas not only balances out the smoothness of the potatoes, but pepitas also contribute iron, which helps maintain strong blood and regulates energy levels.

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Recipes **From the Blue Zones® Kitchen**

Banana Pineapple Smoothie

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- Ingredients:**
- 1 cup of soy milk
 - 1 carton of soy yogurt
 - 1 banana
 - ¼ cup of pineapple or 1 ring or several chunks
 - Orange juice (optional)

- Directions:**
- Place in blender.
 - Puree for about 30 seconds.
 - Serve and enjoy.

As the weather warms up, it's equally important to stay hydrated, as well as nourished in order to withstand the increasing temperatures, maintain adequate energy levels and fight infections. This smoothie offers rich sources of plant-based protein from the soy milk and yogurt, as well as vitamin C from the pineapple and orange juice which can boost your immune system.

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