

Ingredients:

For the Creamy Hummus:

- 1 can (15.5 oz) garbanzo beans (chickpeas), rinsed and peeled
- 1/3 cup tahini
- 3 tbsp lemon juice
- 6 tbsp water
- 2 tbsp olive oil
- ½ tsp salt

For the Chicken Kofta:

- 1 lb ground chicken
- 1 tbsp olive oil
- ½ small onion, grated
- 1 tsp salt
- 1 tsp cumin
- ½ tsp paprika
- ½ tsp pepper
- ¼ tsp garlic powder
- ¼ tsp turmeric
- ¼ tsp ground allspice
- grapeseed oil

For the Salad:

- 2 cups spinach
- 1 cup grape tomatoes, halved
- 1 ½ cups cucumber, sliced and halved
- ½ shallot, thinly sliced
- 2 tbsp greek salad dressing (I used Trader Joes Greek Style Feta Dressing)
- toasted mini naan, for serving

Directions:

1. Make the Creamy Hummus: In the bowl of a food processor, add chickpeas, tahini, lemon juice, water, olive oil, and ½ tsp salt. Process for 1 minute until combined. Scrape down the sides, and process for 1 more minute until smooth and creamy. Set aside.
2. Make the Salad: To a mixing bowl, spinach, tomatoes, cucumber, shallot, and salad dressing. Toss gently to combine. Set aside.
3. Make the Chicken Kofta: To a mixing bowl, add ground chicken, olive oil, grated onion, salt, cumin, paprika, pepper, garlic powder, turmeric, and allspice. Mix gently to combine and fully incorporate the spices, being careful not to overwork the meat. Divide the meat into 8 portions, and form each portion into a small football shaped patty. (Think about forming a kabob without the skewer.) Set aside on a plate.
4. Heat a grill pan over medium high heat. Brush grapeseed oil to lightly coat the pan. Add the chicken patties, and cook for 5-6 mins per side until the internal temperature reaches 165 degrees.
5. Assemble the bowls: Evenly divide ingredients, and spread hummus over one third of the bowl. Place salad in the open space

in the bowl. Top with chicken kofta. Serve with toasted mini naan. Enjoy!

Recipe notes:

*Peeling the chickpeas before making the hummus is an absolute must. I never used to do it, but it makes a ginormous difference in the texture of the hummus. It only takes an extra 5 mins or so to peel all of the chickpeas. Just pinch each chickpea gently between your fingers, and the skin comes right off. Discard the skin.

*To toast the naan, drizzle both sides with a light drizzle of olive oil, and toast it in the oven at 400 degrees for about 6-7 minutes.

*If you're not serving all of these bowls at once, wait to dress the salad, wait to toast the naan, and wait to assemble to bowls until you're ready to serve. Each component can be stored separately in the fridge.

*If you don't have Trader Joes Greek Feta dressing, you could use a light caesar dressing here too.

*If you're not a fan of the texture of ground meat, the spice mix used for the chicken kofta works very well as a marinade for cubes of chicken breast. Just add some extra olive oil to create a marinade, and cook the chicken like kabobs instead.