

## ***GRILLED ROMAINE LETTUCE WITH TAHINI DRESSING AND CHICKPEAS***

(inspired by several sources)

2 heads of Romaine lettuce, outer leaves removed, sliced in half lengthwise

olive oil to rub on the surface

salt to taste to season

for the tahini dressing:

1/3 cup yogurt

1/4 cup tahini

1/4 teaspoon freshly ground black pepper

1 tablespoon olive oil

Zest of 1 lemon

2 tablespoon freshly squeezed lemon juice

1 teaspoon Dijon mustard

salt to taste

water to adjust consistency

for the chickpeas:

1 can of chickpeas, drained, rinsed, and dried

olive oil spray to coat chickpeas

salt to taste

smoked paprika to taste (or other spice of your choice)

Make the dressing: combine all ingredients except water in a blender. Blend until smooth, then add water until it reaches the consistency you like. Reserve.

Make the chickpeas: coat them with oil, season and air-fry for 15 minutes or until golden brown. Alternatively, roast them in a 425F oven until done.

Grill the lettuce: rub olive oil on the cut surface of the lettuce, season lightly with salt and pepper. Grill for about 3 minutes, flip the pieces and grill for just a couple of minutes on the other side. Transfer to a serving platter, opening the leaves a bit so that the dressing can reach in between them.

Drizzle the dressing, add the roasted chickpeas, and serve.