



BEAUTIFUL BAR SNACKS

A TASTER FROM UMAMI GIRL

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SPICY PEPITAS

PERFECT WITH A PINT

INGREDIENTS

- 1 Tablespoon olive oil
- 1 1/2 cups pepitas
- 1/4 teaspoon Hungarian paprika
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- A big pinch ground cayenne pepper, to taste

INSTRUCTIONS

- In a skillet, heat the olive oil over medium heat until shimmering. Add the pepitas and toss to coat with the oil.
- Sprinkle on the paprika, salt, garlic powder, and cayenne pepper.
- Cook, tossing frequently, until many of the pepitas have turned light brown and made a popping sound.
- Pour into a small bowl and serve.



ROASTED CHICKPEAS

WITH TAMARI + LIME

INGREDIENTS

3 cups canned chickpeas
1 tablespoon olive oil
1 tablespoon tamari
1 tablespoon lime juice
Pinch of fine sea salt
Zest of one lime, grated on a rasp

INSTRUCTIONS

Preheat oven to 400°F with a rack in the center. Rinse and thoroughly dry chickpeas. Spread evenly over the surface of a rimmed baking sheet.

Roast on center rack, stirring occasionally, until chickpeas are just the slightest bit soft in the center, 20-30 minutes.

Toss chickpeas thoroughly with oil, tamari, lime juice and salt. Roast about 15 minutes more, just until crisp throughout. Toss with lime zest and serve.



SMOKY HUMMUS

WITH ROASTED RED PEPPERS

INGREDIENTS

- 2 cans chickpeas, drained
- 1 jarred roasted red pepper, drained
- Juice of 1 lemon
- 1/3 cup extra-virgin olive oil
- 1 or 2 cloves garlic (your preference), roughly chopped
- 1/2 teaspoon sweet smoked paprika
- 1 teaspoon fine sea salt if chickpeas are unsalted, or to taste

INSTRUCTIONS

- Combine all ingredients in the bowl of a food processor fitted with the blade.
- Process until smooth and creamy.
- Serve with chips, with vegetables, in a sandwich, on a bagel, from a spoon, yadda yadda.