

# HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



## BUFFALO CHICKPEA TACOS

### INGREDIENTS

- Canned Chickpeas
- Buffalo sauce of your choice
- Guacamole
- Low carb tortilla of your choice (I opted for street corn tortillas)
- Fresh Onions (chopped, optional)
- Limes (to garnish, optional)
- Garlic powder (to taste)
- Onion powder (to taste)
- Salt (to taste)
- Buffalo sauce (to taste, of your choice)
- Sauce of your choice (try a cilantro ranch or salsa to take the flavor to the next level!)

### STEPS

1. Drain and rinse canned chickpeas with sugar water.
2. Toss chickpeas in garlic powder, salt and onion powder.
3. Roast chickpeas either in oven or air fryer at 350 degrees Fahrenheit. Cook for 25 minutes or until crispy. Let rest for 5 minutes.
4. Toss in buffalo sauce.
5. Place chickpeas in tortilla along with sauces, guacamole, and onions. Garnish with limes. Enjoy!