

Pineapple + Portobello Tacos with Roasted Chickpeas

GLUTEN-FREE + VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/pineapple-portobello-chickpea-tacos>

Original recipe source:

<http://www.theveganchickpea.com/2013/02/pineapple-portobello-tacos-with-roasted.html>

YIELDS: 4 tacos

ROASTED CHICKPEA INGREDIENTS:

- 1 cup cooked chickpeas (if canned, be sure to rinse, drain and pat dry)
- 1 tsp olive oil
- 1 tsp apple cider vinegar
- 2 tsp thyme
- 2 garlic cloves, minced
- ½ tsp cayenne pepper (optional)

REMAINING INGREDIENTS:

- 1 tsp olive oil
- ¼ red onion, sliced
- 1 cup portobello mushrooms, cubed
- salt & pepper to taste
- 1½ cup pineapple, cut into bite-sized pieces
- juice from one lime (optional)
- 4 corn tortillas

GOODIES:

cilantro, avocado slices, diced tomato, shredded lettuce, salsa

STEP 1:

Preheat oven to 400. Toss chickpeas in olive oil, vinegar, thyme, and garlic (and cayenne, if using). Transfer to a baking sheet lined with parchment paper and bake for 25-30 minutes, or until crunchy.

STEP 2:

While the chickpeas are baking, sauté onion in olive oil in a cast iron skillet over medium heat. Once fragrant and soft, add mushrooms and season with salt/pepper to taste. When mushrooms release their moisture, add in pineapple and continue to sauté for 3-5 minutes. Remove from heat. (86L: *At this point, I added the chickpeas and lime juice to the mixture and stirred it all together.*)

STEP 3:

To assemble tacos: warm tortillas in a skillet over medium heat. Equally divide chickpeas and mushroom pineapple mixture on tortillas. Top with "goodies" and enjoy!