

# Signature Spanish Style Garbanzo Bean with Kale and Butternut Squash

[German Lam of Glam Foods](#)

*From the Yale Appliance + Lighting Chef Series*

## Ingredients:

- 2 cups Chick Peas
- 1/2 cup Onion Dice Small
- 1/2 Green Pepper Dice Small
- 1 cup Tomatoes Dice Small
- To Taste Spanish Seasoning Goya
- 1 cup Kale Small Dice
- 1 cup Butternut Squash Small Dice
- 1/4,bunch Scallion Small Dice
- 1/4 bunch Cilantro Small Dice
- 1 teaspoon Ground Cumin
- 1 teaspoon Ground Coriander
- 2 oz Coconut Oil
- Guacamole optional to garnish

## Methods:

1. Wash Romaine leaves thoroughly.
2. Dry with paper towel.
3. Crack the spine on each leaf so it lays flat.
4. Place as many leaves as you can flat on your medium heat grill.
5. Start at one end on the grill and work up and back during leaf placement.
6. Let grill for 1 minutes after the final leaf is placed (there are about 20-25 leaves in a Romaine heart).
7. Flip the lettuce in the order you placed them (flip the first one first).
8. After they are all flipped, wait one more minute and take them off the grill in the same order.
9. Cut each leaf down the spine. Then chop the lettuce into 1/2 inch slices.
10. Toss the lettuce with Caesar dressing, top with the grated Parmesan and then with the crushed Fritos.
11. You can add a grilled chicken breast, a sliced grilled steak or even a can of tuna fish if you want some protein in your salad.