



TAHINI TWO WAYS WITH AMY KRITZER BECKER

@whatjewwannaeat

September 27, 2023



Tahini Chocolate Avocado Mousse with Cardamom Whipped Cream Serves 4

INGREDIENTS

For Tahini Chocolate Avocado Mousse:

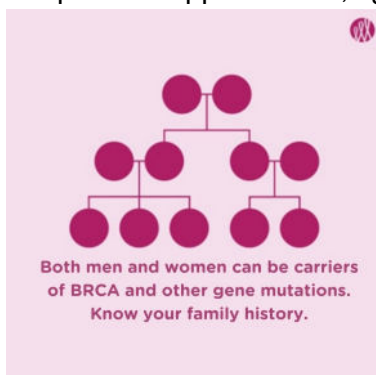
- 2 very ripe large Haas avocados
- 4 ounces dark or semi sweet chocolate, melted
- 1/4 cup cocoa powder
- 1/4 cup milk, almond milk works, or whatever you've got!
- 1/4 cup date syrup or more to taste, you can use honey or sugar too (spray/grease the measuring cup with oil so date syrup or honey doesn't stick)
- 1/4 teaspoon vanilla extract
- 2 tablespoons tahini paste
- Pinch of sea salt

For Cardamom Whipped Cream:

- 1 cup chilled heavy whipping cream
- 1 tablespoon powdered sugar
- 1/2 teaspoon cardamom
- Optional: Figs or sesame seeds for topping

DIRECTIONS:

1. In a food processor, combine the avocado flesh, melted chocolate, cocoa powder, milk, date syrup, vanilla, tahini paste and salt. Puree until all ingredients are combined and creamy.
2. Spoon the mousse into 4 small dishes/ramekins (you can even use wine glasses!) and chill for at least 2 hours.
3. To make whipped cream, beat the cream with a hand mixer (start on low, work up to high speed) in a large bowl until soft peaks start to form. Add powdered sugar and cardamom, and whip until you have whipped cream!
4. Top with whipped cream, figs and sesame seeds and serve!



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Tahini Sweet Potato Farro Salad with Chickpea Dressing Serves 4-6



INGREDIENTS

For Chickpea Dressing:

1 cup cooked chickpeas, plus 1/2 cup for garnish
1 garlic clove
1/4 cup extra virgin olive oil
1 lemon juiced (2 tablespoons)
1/2 teaspoon ground cumin
Salt and pepper to taste
Cold Water

For Sweet Potatoes:

2 cups sweet potatoes in 3/4 inch cubes
2 tablespoon tahini paste
2 tablespoon extra virgin olive oil
1 1/2 teaspoons ground cumin
1/2 teaspoon kosher salt
1/4 teaspoon or more red chili pepper flakes

For Salad:

3 cups cooked farro
2 cups arugula
1 avocado, sliced
1/2 cup cherry tomatoes, halved
2 soft boiled eggs
1/4 cup sliced almonds
Chile pepper flakes (optional)

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DIRECTIONS:

1. First, make the chickpea dressing. In a food processor, blend 1 cup chickpeas and garlic until pureed. Then add olive oil, lemon juice, cumin and mix. Add salt and pepper to taste and enough water to make a dressing. Set aside.
2. To make sweet potatoes, pre-heat oven to 410 degrees F. Toss sweet potatoes with tahini paste, olive oil, cumin, salt, pepper and chili flakes. Roast in a single layer on a cookie sheet for 15 minutes or until cooked through and nicely browned, tossing halfway through.
3. Time to assemble! Combine farro and arugula with dressing. Then top sweet potatoes (warm or at room temperature), avocado, cherries, eggs, almonds and more chili pepper flakes if desired.