**chickpeas**

Preheat oven to 425F with rack in top third of oven.

Open and drain chickpeas. Rinse, drain, and dry well on paper towel or clean kitchen towel.

Spread chickpeas in single layer on baking sheet. Roast for 8-10 minutes until chickpeas begin to crisp.

Remove rosemary and thyme from stems and chop. Zest half of lemon.

In a bowl, combine 1 Tbsp olive oil, ¼ tsp salt, 2 tsp smoked paprika, 1 tsp lemon zest, 1 tsp chopped rosemary and 1 tsp thyme.

Toss crisped chickpeas in herb mixture. Place back in oven for an additional 3-5 minutes, until fragrant.

**couscous**

In a small pot bring 1 ¼ cup water and 1/4 tsp salt to boil. Add 1 c couscous, 1 tsp of olive oil or a pat of butter and remaining herbs. Turn off heat and cover. Let stand for 5-7 minutes, fluff with a fork.

**steak**

Peel and dice onion. Rinse green beans and snap off ends.

Bring a large pot of water to boil. Add green beans, after water returns to boil, cook 2 more mintues and remove. Rinse in cold water and set aside.

Preheat pan to medium high with 1 Tbsp olive oil. Remove steak from packaging, pat dry, and season with salt and pepper. Add steak to pan and cook for 3-5 minutes on each side. Remove steaks and set aside to rest (cover with aluminum foil or another plate to keep warm).

Add diced onion, ½ Tbsp olive oil, and a dash salt to steak pan. Reduce to medium heat. Saute 2-3 minutes, then add ½ c apple cider vinegar. Cook until liquid is reduced by half. Add blanched green beans, and toss until green beans are reheated. Pour apple cider vinegar reduction over couscous.

**tea and chocolate**

Boil water in kettle or microwave. Steep tea in 8 oz. boiling water for 2-4 minutes, then remove tea bag. Add sweetener to taste.