

## Chickpea Salad with Garlic-Cumin Dressing

**Yield:** 10 servings

**Preparation Time:** 30 minutes

**Portion Size:** Approximately 6 wt oz

**Calories Per Serving:** 120 Kcal (250 Kcal if served with pita chips)

### STEP 1

1 ½ lb	Chickpeas, canned	rinsed and drained	Place chickpeas in bowl and season with pepper. <i>Can substitute canned Great Northern beans for an alternative salad.</i>
¼ tsp	Ground black pepper		

### STEP 2

9 ½ wt oz	Onion - medium	finely chopped	Add ingredients to chickpeas and mix gently to combine.
3 ½ wt oz	Parsley, flat-leaf	chopped	
1 each	Lemon juice, fresh from whole lemon		
2 tsp	Cumin powder		
5 each	Garlic cloves	chopped	

### STEP 3

4 wt oz	Kalamata olives, pitted		Add remaining ingredients to bowl, and mix to combine. Serve on a salad bar, buffet or other serving line.
1 lb	Tomatoes	diced	
3 ½ wt oz	Jalapeno peppers	finely chopped	<b>For dip or puree:</b> <i>All ingredients can be pureed in food processor to create a dip/puree. Use in a sandwich or wrap. Also, can be served with baked tortilla or pita chips and cut vegetables.</i>