

Crazy Chickpea Salad

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Measure
Chickpeas, canned, drained		1 ½ gallons + 1 cup	3 gallons + 1 pint
Eggless mayonnaise		1 ½ pints + 2 Tbsp.	1 ½ quarts + ¼ cup
Red bell pepper, finely diced		1 quart	½ gallon
Carrots, shredded		1 quart	½ gallon
Celery, finely diced		1 quart + 1 cup	½ gallon + 1 pint
Parsley, dried		¼ cup + 1 tsp.	½ cup + 2 tsp.
Dijon mustard		½ cup + 1 ½ tsp.	1 cup + 1 Tbsp.
Salt		1 ½ Tbsp.	3 Tbsp.
Black pepper		1 Tbsp.	2 Tbsp.
Garlic, granulated		1 ¾ Tbsp.	3 ½ Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Grind chickpeas in food processor or blender down to small flaky pieces.
2. Combine all ingredients and mix well.
3. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Each ½ cup serving of crazy chickpea salad provides 2 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab' n' go platter.

Nutrition Information

*From USDA Nutrient Database per ½ cup Crazy Chickpea Salad

Calories: 186 Total Fat: 12g Saturated Fat: 0.5g Carbohydrate: 14g (4g Fiber) Protein: 4g Sodium: 465-535mg