

# Recipes

## Chickpea “Chicken” Salad

**Serves:** 4

**Yield:** 4 Servings

**Prep Time:** 10 Minutes

**Cook Time:** 10 Minutes

### Ingredients

- ½ cup mayonnaise
- 3 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh dill
- 1 ½ teaspoons country-style Dijon mustard
- ½ teaspoon kosher salt
- ½ teaspoon smoked paprika
- ¼ teaspoon ground pepper
- 2 (15 ounce) cans no-salt-added chickpeas, rinsed
- ½ cup chopped celery (from 2 stalks)
- ¼ cup finely chopped onion or shallot



Photo courtesy of <https://www.eatingwell.com/recipe/275502/chickpea-chicken-salad/>

### How To Make It

1. Combine mayonnaise, parsley, dill, mustard, salt, paprika and pepper in a bowl. Add chickpeas, celery and onion/shallot; stir until well coated.

### Tips

To make ahead: Refrigerate in an airtight container for up to 4 days.

## Nutrition Facts

Servings Per Recipe: 4

Serving Size: 1 cup

Calories: 300

Total Carbohydrate 37g

Dietary Fiber 9g

Total Sugars 3g

Protein 12g

Total Fat 9g

Sodium 561mg

% Daily Value \*

13%

32%

24%

12%

24%

# Recipes

## Avocado Hummus

**Serves:** 10

**Yield:** 10

**Prep Time:** 10 Minutes

**Cook Time:** 0 Minutes

### Ingredients

- 1 (15 ounce) can no-salt-added chickpeas
- 1 ripe avocado, halved and pitted
- 1 cup fresh cilantro leaves
- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup extra-virgin olive oil
- $\frac{1}{4}$  cup lemon juice
- 1 clove garlic
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon salt



Photo courtesy of <https://www.eatingwell.com/recipe/256572/avocado-hummus/>

### How to Make It

1. Drain chickpeas, reserving 2 tablespoons of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add avocado, cilantro, tahini, oil, lemon juice, garlic, cumin and salt. Puree until very smooth. Serve with veggie chips, pita chips or crudité's.

## Nutrition Facts

**Servings Per Recipe:** 10

**Serving Size:** 1/4 cup

**Calories:** 156

	<b>% Daily Value *</b>
Total Carbohydrate 10g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Protein 3g	7%
Total Fat 12g	16%
Saturated Fat 2g	9%
Vitamin A 148IU	3%
Vitamin C 5mg	6%
Folate 35mcg	9%
Sodium 175mg	8%
Calcium 25mg	2%
Iron 1mg	4%
Magnesium 19mg	4%
Potassium 169mg	4%