



SPICY CHICKPEA SALAD

Recipe Project Name/Written By:	DairyMax
Recipe Category:	Lunch, Grab & Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	45 minutes
Cook Time:	0 minutes
Total Time:	45 minutes
K-12 Portion Size:	#8 disher
Meal Pattern Contribution: 2 oz eq m/ma	

INGREDIENTS	21 Servings		42 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chickpeas, canned, low-sodium		#10 can		2 #10 cans	<p>CCP: No bare hand contact with ready to eat food.</p> <p>1. Drain and rinse chickpeas in a colander.</p> <p>2. Transfer beans to a large bowl and using a potato masher or gloved hands, smash until almost no whole beans remain.</p> <p>3. In a separate bowl, combine Greek yogurt, mayonnaise, sriracha, lemon juice, granulated garlic, salt, black pepper, and cayenne. Add mashed chickpeas, celery, onion, and cilantro. Mix gently until all ingredients are combined.</p> <p>CCP: Hold at 41° F or below.</p> <p>CCP: No bare hand contact with ready to eat food.</p> <p>4. Use a #8 disher, serve 1/2 cup spicy chickpea salad.</p> <p>CCP: Hold and serve at 41° F or below.</p>
Yogurt, Greek, plain, non-fat		2 c		1 qt	
Mayonnaise, light		3/4 c		1 1/2 c	
Sriracha		1/4 c		1/2 c	
Lemon juice		2 Tbsp		1/4 c	
Granulated garlic		1 tsp		2 tsp	
Salt		3/4 tsp		1 1/2 tsp	
Black pepper		1/4 tsp		1/2 tsp	
Cayenne pepper		1/4 tsp		1/2 tsp	
Celery, diced 1/4"	4.4 oz	1 c	8.7 oz	2 c	
Onion, red, diced 1/4"	1.6 oz	1/4 c	3.1 oz	1/2 c	
Cilantro, chopped	0.4 oz	1/2 c	0.8 oz	1 c	

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NUTRITION INFORMATION

Serving Size 1/2 cup

NUTRIENTS AMOUNT

Calories 123

Total Fat 4 g

Saturated Fat 0.3 g

Cholesterol 4 mg

Sodium 317 mg

Total Carbohydrate 17 g

Dietary Fiber 4 g

Total Sugars 4 g

Added Sugars 0.6 g

Protein 6 g

Vitamin D 0 mcg

Calcium 45 mg

Iron 1.2 mg

Potassium 68 mg

N/A=data not available.

ALLERGENS: Eggs, Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

***MARKETING GUIDE**

Food as Purchased for	21 Servings	42 Servings
Celery, fresh, trimmed	5.3 oz	10.5 oz
Onions, fresh	1.8 oz	3.5 oz
Cilantro, fresh	0.5 oz	0.9 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.
Add a #8 disher of spicy chickpea salad to a bento box or serve with 2 oz eq WGR pita bread or crackers.

YIELD/VOLUME

21 Servings	42 Servings
Weight: 5 lb 15 oz	Weight: 11 lb 14 oz
Volume: 3 qt	Volume: 1 gal 2 qt

