

Chickpea Spread

SERVING SIZE: 1/3 cup

SERVINGS: 4

PREPARATION TIME: 10 minutes

INGREDIENTS:

- 1 15 ounce can chickpeas
- 1 Tablespoon mayonnaise
- 2 Tablespoons plain yogurt (not vanilla)
- 3 Tablespoons water
- 1/4 cup finely chopped onion
- 1/4 teaspoon pepper

DIRECTIONS:

1. Drain and rinse the chickpeas using a strainer.
2. Pour chickpeas into a large bowl. Use a fork or the bottom of a cup to mash chickpeas into a chunky paste.
3. Add mayonnaise, yogurt, water, onion, and pepper to the bowl, stir.
4. Can be served immediately.

RECIPE TIPS:

- Serve with whole grain crackers or fresh vegetables as a snack.
- Spread on whole grain bread or tortilla for a sandwich.
- Refrigerate leftovers and eat within 3 days.
- Use dehydrated onions instead of fresh.



NUTRITION FACTS:

Amount Per Serving	
Calories	142
Total fat	7g
Saturated fat	1g
Cholesterol	3mg
Sodium	175mg
Total Carbohydrate	15g
Fiber	4g
Sugar	3g
Includes 0g of Added Sugars	
Protein	5g
Phosphorus	61mg
Potassium	88mg

EQUIPMENT NEEDED:

- Can opener
- Strainer
- Large bowl and fork
- Cutting board and sharp knife

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: www.healthyshelves.org