

Warm Chickpea Salad

Ingredients:

- 1 (16 oz.) can chickpeas, unsalted
- 3 tbsp. olive oil, extra virgin
- 12 oz. button mushrooms
- 2 garlic cloves, minced
- 1 red Serrano Chile, seeded and chopped
- 2 tsp. ground cumin
- Juice of one lemon (about ¼ cup)
- ¾ cup plain yogurt
- 8 mint leaves, chopped
- ⅛ tsp. kosher salt
- ¼ tsp. black pepper
- 5 cup baby spinach



Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 5	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 460mg	19%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 9g	
Vitamin A 20%	• Vitamin C 10%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*GLUTEN-FREE



*SOY FREE

Directions:

1. Drain and rinse the chickpeas. Heat 2 tbsp. oil in skillet. Add mushrooms, season with salt and cook until softened.
2. Reduce heat and add garlic, Chile, and chickpeas. Sauté for 2 minutes, then add cumin and half the lemon juice. Cook until juices in skillet have evaporated and then set aside.
3. In a large bowl, combine the yogurt, mint leaves and remaining juice and oil. Season with salt and pepper, add spinach and mix until blended.