



Spicy Smashed Chickpea Salad

Category	Optional					Cooking process	#1 No Cook
Yield		21 servings		42 servings		Directions	
Ingredients		Weight	Measures	Weight	Measures		
Chickpeas, low-sodium, canned			#10 can		2 #10 cans	CCP: No bare hand contact with ready to eat food.	
Greek yogurt, plain, low-fat			2 cups		1 qt	1. Drain and rinse chickpeas in a colander.	
Mayonnaise			3/4 cup		1 1/2 cup	2. Transfer beans to a large bowl and using a potato masher, smash until no whole beans remain.	
Sriracha			1/4 cup		1/2 cup		
Lemon juice			2 Tbsp		1/4 cup	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.	
Granulated garlic			1 tsp		1 Tbsp		
Salt			3/4 tsp		1 1/2 tsp		
Black pepper			1/4 tsp		1/2 tsp		
Cayenne pepper			1/4 tsp		1/2 tsp	CCP: Hold at 41° F or lower.	
Celery, diced 1/4"		4.4 oz	1 cup	8.7 oz	2 cups	CCP: No bare hand contact with ready to eat food.	
Onion, red, raw, diced 1/4"		1.6 oz	1/4 cup	3.1 oz	1/2 cup	4. Use a #8 disher to add 1/2 cup spicy smashed chickpea salad to a bento box.	
Cilantro, fresh, chopped		0.4 oz	1/2 cup	0.8 oz	1 cup		
						CCP: Hold and serve at 41° F or lower.	
Meal components		2 oz m/ma, 1/4 cup legumes					



Notes			Marketing guide (Food As Purchased)		21 servings	42 servings
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.			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
Serving						
A #8 disher provides 2 oz m/ma and 1/4 cup legumes.						
Nutrients per serving						
Calories	163	kcal	Sat Fat	1	g	
Protein	6	g	Chol	8	mg	
Carb	15	g	Sodium	241	mg	
Total Fat	10	g	Dietary Fiber	4	g	