



INGREDIENTS	21 Servings		42 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chickpeas, canned, low-sodium		#10 can		2 #10 cans	CCP: No bare hand contact with ready to eat food.
Yogurt, Greek, plain, non-fat		2 c		1 qt	1. Drain and rinse chickpeas in a colander.
Mayonnaise, light		3/4 c		1 1/2 c	2. Transfer beans to a large bowl and using a potato masher or gloved hands, smash until almost no whole beans remain.
Sriracha		1/4 c		1/2 c	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.
Lemon juice		2 Tbsp		1/4 c	CCP: Hold at 41° F or below.
Granulated garlic		1 tsp		2 tsp	CCP: No bare hand contact with ready to eat food.
Salt		3/4 tsp		1 1/2 tsp	4. Use a #8 disher, serve 1/2 cup spicy chickpea salad.
Black pepper		1/4 tsp		1/2 tsp	CCP: Hold and serve at 41° F or below.
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	

SPICY CHICKPEA SALAD

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

