

# MEDITERRANEAN CHICKPEA SALAD

Hartford Public Schools, FCNS - 2018

Grade: K-12

Yield: 40 to 80 portions

INGREDIENTS	40 SERVINGS		80 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Garbanzo beans (chickpeas), rinsed	6lbs	2 # 10can	12lbs	4 # 10 cans	<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution.</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>Refrigerate cans of chickpeas for at least two hours prior to opening.</li> <li>Sanitize top of can prior to opening.</li> <li>Open cans &amp; place beans into a colander.</li> <li>Drain and rinse all beans under cold running water. Drain excess water.</li> <li>Thoroughly wash parsley and chop/cut using a knife or kitchen shears.</li> <li>Wash lemons, zest rinds using a zester, cut each lemon in half and juice each half using a juicer.</li> <li>Place beans into a large stainless steel bowl.</li> <li>Mix diced peppers, parsley and onions together with oil, lemon juice, lemon zest, cumin, salt and pepper.</li> <li>Mix all ingredients gently, so as to not break chickpeas.</li> </ol>
Peppers, red and/or green, diced	2 lbs (approx. 5 med. peppers)	1 qt	4 lbs (approx. 10 med peppers)	2 qt	
Onions, chopped/diced		1 cup	2 bunches	2 cups	
Fresh parsley	1 bunch	1 cup		2 cups	
Olive oil		½ cups		3 cups	
Lemon juice and zest	5 lemons	1 cup	10 lemons	2 cups	
Salt (optional)		2 tsp.		4 tsp	
Pepper, black		2 tsp		4 tsp	
Cumin		2 Tbsp		¼ cup	
<p><b>Serving Size:</b> 5 oz placed in 5.5 oz soufflé cup</p> <p><b>Meal Pattern Contribution:</b> 1/2 cup Legume Vegetable</p> <p><b>Note:</b> Discard unused product after 2 days.</p>					

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.



EXTENSION