# Mediterranean Chickpea Salad

**Hartford Public Schools, FCNS - 2018**

## Grade: K-12

### Yield: 40 to 80 portions

### INGREDIENTS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>40 SERVINGS</th>
<th>80 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WEIGHT</td>
<td>MEASURE</td>
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<tr>
<td>Garbanzo beans (chickpeas),</td>
<td>6lbs</td>
<td>2 # 10can</td>
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</tbody>
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rinsed                       |             |             |             |             |
| Peppers, red and/or green,   | 2 lbs (approx. 5 | 4 lbs (approx. 10 |             |             |
diced                        | med. peppers) | med peppers) |             |             |
| Onions, chopped/diced        | 1 bunch     | 1 cup       | 2 bunches  | 2 cups      |
| Fresh parsley                |             | 1 cup       | 2 cups     |             |
| Olive oil                    |             | ½ cups      | 3 cups     |             |
| Lemon juice and zest        |             | 1 cup       | 2 cups     |             |
| Salt (optional)             |             | 2 tsp       | 4 tsp      |             |
| Pepper, black               |             | 2 tsp       | 4 tsp      |             |
| Cumin                        |             | 2 Tbsp      | ¼ cup      |             |

### DIRECTIONS

1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.

#### Cooking Methods:

1. Refrigerate cans of chickpeas for at least two hours prior to opening.
2. Sanitize top of can prior to opening.
3. Open cans & place beans into a colander.
4. Drain and rinse all beans under cold running water. Drain excess water.
5. Thoroughly wash parsley and chop/cut using a knife or kitchen shears.
6. Wash lemons, zest rinds using a zester, cut each lemon in half and juice each half using a juicer.
7. Place beans into a large stainless steel bowl.
8. Mix diced peppers, parsley and onions together with oil, lemon juice, lemon zest, cumin, salt and pepper.
9. Mix all ingredients gently, so as to not break chickpeas.

### Serving Size:

5 oz placed in 5.5 oz soufflé cup

### Meal Pattern Contribution:

1/2 cup Legume Vegetable

### Note:

Discard unused product after 2 days.

### HACCP / Serving Instructions:

1. Portion beans salad into a 5.5 oz. soufflé cup. Fill cups to top for a total of 5 oz. per cup. Place in refrigeration until service, covered with a pan liner.
2. Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.

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*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.*