

Creamy Mediterranean Chickpeas

 5 servings  15 minutes

Nutrition Facts (includes pine nuts)

Serving Size: 2/3 cup

Calories: 275

Fat: 17g

Carbohydrates: 19g

Protein: 13g

INGREDIENTS

1-3/4 c. canned chickpeas, rinsed and drained

1 c. plain Greek yogurt, reduced fat

3 garlic cloves, minced

1/2 tsp. cumin

3 T. lemon juice

2 T. tahini paste

1/4 c. parsley, chopped

1/4 c. pine nuts (optional)

METHOD

In a large bowl, combine yogurt, garlic, cumin, lemon juice, and tahini. Add the chickpeas and stir. Top with parsley and pine nuts.

