

Chickpea Dip *Makes 8 servings, 3 Tablespoons each*

15½ oz. chickpeas, canned, drained
2 Tablespoons vegetable oil
1 Tablespoon lemon juice
2 Tablespoons onions, chopped

1. Mash chickpeas* in a small bowl until they are smooth.
2. Add oil and lemon juice; stir to combine.
3. Add chopped onions.
4. Serve on bread or crackers.

*Note: Chickpeas are sometimes called garbanzo beans. Chickpeas are easier to mash if they are warmed in the microwave for 1 minute.
