

Can You Find The Words?

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Ingredients:

1 15 oz. can chickpeas,
drained (about 1 1/2 cups)
1 teaspoon cumin
1/2 teaspoon salt
2 tablespoons olive oil
2 tablespoon lemon juice or
juice from 1 lemon
2 tablespoons chopped fresh
herbs (parsley, basil, cilantro)



Directions:

1. In a large bowl combine all the ingredients and mix well.
2. Mash with the back of a fork or potato masher, trying to mash or flatten each of the chickpeas in your bowl. This will help the flavors of the dressing to combine with the chickpeas.
3. Eat with pita bread triangles, carrots, apples or other fresh vegetables.