



## INGREDIENTS

- 3 Cups Cooked Chickpeas (or two 15 ounce cans)
- 4 Garlic Cloves
- 1½ Teaspoons Kosher Salt
- 2 Teaspoons Ground Cumin (plus more for garnish)
- ¼ Cup Chickpea Liquid (aquafaba) or Water
- ¼ Cup Fresh Lemon Juice (about two lemons)
- ¼ Cup Extra Virgin Olive Oil (plus more for drizzling)
- Fresh Parsley (chopped)
- Aleppo Pepper (optional)

## DIRECTIONS

1. Warm chickpeas in a saucepan over medium heat with their liquid and simmer for 20 minutes until very tender.
2. Crush garlic with a pinch of salt using a mortar and pestle or garlic press. Add to a bowl with remaining salt, ground cumin, and chickpea liquid.
3. Add one cup of warm, drained chickpeas to the garlic mixture and mash to a chunky paste consistency.
4. Stir in lemon juice, olive oil, and remaining chickpeas. Mix until combined and adjust seasoning to taste.
5. Serve in a shallow bowl, drizzle with olive oil, and garnish with fresh parsley, extra cumin and Aleppo pepper, if desired.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Breakfast

## YIELD

4 Cups

## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ¾ Cup

**School Age:** ¾ Cup

**Adult:** ¾ Cup