

GREEK SALAD SPREAD

Triscuit



Prep Time: 20 min Total Time: 35 min
Makes 12 servings, 2 Tbsp. spread and 6
crackers each.

WHAT YOU NEED

1/2 cup rinsed canned chickpeas (garbanzo beans)
1/4 tsp. garlic powder
1 tomato, seeded, chopped and divided
1/4 chopped kalamata olives, divided
1 pkg. (8 oz.) Neufchatel cheese, softened
1 tsp. dried oregano leaves
1 tsp. lemon zest
1 Tbsp. chopped fresh parsley
TRISCUIT Crackers

MAKE IT

Cook chickpeas and garlic powder in small skillet sprayed with cooking spray on medium-high heat 5 min. or until chickpeas are golden brown, stirring frequently. Cool completely.

Reserve 2 Tbsp. chickpeas for later use; chop remaining chickpeas. Reserve 2 Tbsp. tomatoes and 1 Tbsp. olives for garnish.

Mix Neufchatel cheese, chopped chickpeas, oregano, lemon zest and parsley in medium bowl until blended. Add remaining tomatoes and olives; mix well.

Spoon Neufchatel mixture into serving dish; top with reserved chickpeas, tomatoes and olives.

Serve with crackers.

TIPS

Make Ahead

The chickpeas can be cooked with the garlic powder ahead of time. Cool, then refrigerate up to 3 days before using as directed.

Substitute

Substitute 2 tsp. chopped fresh oregano for the dried oregano.

Special Extra

Garnish with fresh oregano leaves before serving.

How to Use the Leftover Canned Chickpeas

Toss remaining rinsed canned chickpeas with Italian dressing, or a mixture of 2 Tbsp. olive oil and 1 Tbsp. lemon juice. Store in airtight container in refrigerator up to 3 days before tossing with your favorite mixed green salad.

Nutrition Information Per Serving: 190 calories, 9g total fat, 2.5g saturated fat, 15mg cholesterol, 290mg sodium, 23g carbohydrate, 4g dietary fiber, 1g sugars, 5g protein