

Crazy Chickpea Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Chickpeas, canned, drained	1 ½ gallons + 1 cup OR 2 ½ - #10 cans	3 gallons + 1 pint OR 5-#10 cans
Eggless mayonnaise	1 ½ pints + 2 Tbsp.	1 ½ quarts + ¼ cup
Red bell pepper, finely diced	1 quart	½ gallon
Carrots, shredded	1 quart	½ gallon
Celery, finely diced	1 quart + 1 cup	½ gallon + 1 pint
Parsley, dried	¼ cup + 1 tsp.	½ cup + 2 tsp.
Dijon mustard	½ cup + 1 ½ tsp.	1 cup + 1 Tbsp.
Salt	1 ½ Tbsp.	3 Tbsp.
Black pepper	1 Tbsp.	2 Tbsp.
Garlic, granulated	1 ¾ Tbsp.	3 ½ Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Grind chickpeas in food processor or Robot Coupe until the beans become small flaky pieces.
2. Combine all ingredients and mix well.
3. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Each ½ cup serving of crazy chickpea salad provides 2 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab' n' go platter.

Each ¼ cup serving of crazy chickpea salad provides 1 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab' n' go platter.

Nutrition Information *From USDA Nutrient Database

Per ½ cup serving

Calories: 143 Total Fat: 8g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 14g Fiber: 4g Total Sugar: 3g Protein: 4g Sodium: 141mg Vitamin A: 76µg
Vitamin C: 13mg Calcium: 40mg Iron: 1mg Folate: 31µg



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