

# Chick Pea Snack



1. In a large bowl, add:

oil	2 tablespoons
cumin	1 teaspoon
fresh garlic, chopped or 1/4 tsp garlic powder	1 clove
lemon juice (can use bottled)	2 tablespoons
chick peas, drained	1 can (540 mL)

2. Mash with a fork, about half of the chickpeas, then stir to mix.

3. Stir into the mixture:

Tomatoes, chopped	2 medium
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Warm up in the microwave, and enjoy with crackers.

You can also make with  
mashed kidney beans  
instead of the chickpeas.