

Chickpea Salad

Yields: 6 servings

- 1 ½ cups plain **low-fat yogurt**
- 1 minced garlic clove (or 1/8 teaspoon garlic powder)
- 1 teaspoon sugar
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 1 ¾ cups cooked **chickpeas** (or one 16-oz can, drained and rinsed)
- 1 finely chopped **bell pepper**
- 1 cup of **peas**
- Salt and pepper to taste

In a medium bowl, mix yogurt, garlic, sugar, cumin, and chili powder. Add chickpeas, bell pepper, and peas. Stir. Add salt and pepper to taste. Cover and refrigerate for 1 hour. Serve and enjoy!

Adapted from Just Say Yes to Fruits & Vegetables



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