

Chickpea and Pomegranate Dip



FOODSERVICE

SERVING SIZE: 8

Ingredients

- 2 cups **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 1/4 cup Olive Oil
- 1 tablespoon Pomegranate Molasses
- 1/2 teaspoon Sea Salt
- 1/4 teaspoon Black Pepper
- 1/4 cup **Furmano's Sliced Jalapenos**, Drained & Chopped
- 3 tablespoons Red Onion, Finely Diced
- 3 tablespoons Fresh Oregano, roughly chopped
- 3 tablespoons Fresh Mint, chopped
- 1/2 cup Feta Cheese, Crumbled
- 1 tablespoon Pomegranate Seeds

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Green Nacho Sliced Jalapeno Peppers



Organic Chick Peas (Garbanzo Beans)

Preparation

1. In a food processor add: Chickpeas, Olive Oil, Pomegranate Molasses, Salt and Black Pepper. Pulse for thirty seconds until combined. Reserve.
2. In a mixing bowl add Chickpea mixture and add rest of ingredients and mix. Top with Feta and Pomegranate Seeds.