

'Chickpea 'Ceviche' adapted from Bombay Spice—Laurel Hardin

- 2 T. plain yogurt
- 2 T. tamarind sauce (in Thai cooking section)
- 2 t. finely minced fresh mint
- 1 pinch each ground cardamom, cinnamon, clove, & coriander
- 3/4 c. (I used one 15 oz can) chickpeas, drained and rinsed
- 4 T. @ diced tomato, diced cucumber (persian are good), & diced red onion
- Mix first 4 ingredients. Add chickpeas and vegetables. Mix well. Garnish with torn fresh cilantro. Serve immediately or chill. It will get "soupy" as it sits.

Per serving, this recipe has good protein (3 g), fiber (3 g), and flavor, and has only 106 calories per serving.