

# Chickpea Salad with Toasted Spices and Yogurt Dressing

SERVES 6 TO 8

+ VEGETARIAN  
+ GLUTEN-FREE



## ingredients

1	tablespoon ghee or olive oil
1	teaspoon mustard seeds
1	teaspoon cumin seeds
1	teaspoon fennel seeds
¼	teaspoon red pepper flakes
2	(15 ounce) cans chickpeas (garbanzo beans)
¾	cup thick Greek yogurt ★
1½	tablespoons fresh lemon juice
3	scallions, thinly sliced
¼	cup chopped fresh cilantro
¼	cup chopped fresh mint
	kosher salt
	fresh black pepper

### ghee — noun

Ghee is the pure butterfat left over after the milk solids and water are removed from butter. It's used widely in Indian cooking, and the word *ghee* is the Hindi word for *fat*. Plain cooking oil is often substituted when ghee is not available, but it lacks the nut-like flavor of ghee.

## first

In a small bowl, combine yogurt, lemon juice, scallions, cilantro and mint. Set aside.

Rinse and drain chickpeas and place in a large bowl. Set aside.

## next

In a pan over medium, heat ghee or olive oil. Add mustard seeds and cook for 1 minute, stirring constantly. Add cumin, fennel and red pepper flake. Continue to stir until spices are fragrant and the mustard seeds start to pop, approximately 30 seconds to 1 minute. Immediately remove from heat.

**Be careful!** *The hot mustard seeds can sputter and jump, and the cumin seeds can go from toasted to burnt in a flash.*

## last

Pour warm spices and ghee over chickpeas and stir. Add yogurt dressing, salt and pepper. Stir to combine. Adjust seasonings to taste and serve warm or room temperature.

## ★ cooknote

If you cannot find thick Greek yogurt, you can thicken regular, plain yogurt by lining a strainer with a paper towel or cheesecloth and draining the yogurt for at least one hour, preferably overnight in the refrigerator.

Start with more than you will need for your recipe — the yogurt will lose volume as it drains. For example, use approximately 1 cup regular yogurt to yield ¾ cup drained yogurt.