



Makes 4 cups
Cook Time: 10 minutes

INGREDIENTS:

8 (6-inch) pita breads, cut into quarters

1 (15-ounce) can chickpeas, drained and rinsed

1 avocado, peeled and pitted

2 roma tomatoes, finely chopped (about 2 cups)

4 stalks scallions, white and green parts, finely diced (about 1 cup)

½ cup finely chopped fresh cilantro

3–4 cloves garlic, minced (about 2 teaspoons)

1 jalapeño, deseeded and finely chopped (about 2 tablespoons)

¼ cup lime juice (from 2 to 3 limes)

Sea salt and freshly ground white pepper

Smashed Chickpea Avocado Dip

This is probably one of the fastest appetizers I have ever made. You can serve it with toasted pita bread or corn tortillas. I make wraps or sandwiches with any leftover dip. Spice it up with some hot sauce if you like.

<https://www.youtube.com/watch?v=Gpfu4YIe1rs>

By Darshana Thacker Wendel

- 1** Preheat the oven to 350°F. Line a baking tray with parchment paper and set aside.
- 2** Place the chickpeas and avocado in a mixing bowl, and coarsely mash them with the back of a spoon or a potato masher. Be sure to leave them coarse.
- 3** Add the tomatoes, scallions, cilantro, garlic, jalapeño, lime juice, and salt and pepper to taste.
- 4** Mix well and adjust the seasoning. Keep refrigerated until ready to serve.
- 5** Place the sliced pita bread on the baking tray, and bake for 7-10 minutes or until crispy, turning halfway.
- 6** Serve the warm bread with the dip. Store the dip in an airtight container in the refrigerator for up to 2 days. You can also store the toasted pita in an airtight container for up to a week.