



Vegan Chick Pea Mash

INGREDIENTS

1 15 oz. can Chick Peas
1/2 red onion, minced
2 garlic cloves, crushed
2 t ground turmeric
1/4 t cumin
1 T cilantro, minced
1/4 c Aquafaba (chick pea liquid)
1 T + lemon juice
salt and pepper to taste
3 T olive oil

INSTRUCTIONS

1. In a large sauté pan, heat oil, add onions and cook until softened.
2. Add garlic, cumin, turmeric, salt, pepper and cook until the aromatics are nicely toasted.
3. Add the aquafaba and 1 T lemon juice and stir until combined.
4. Add the chick peas, let warm through and then using a fork or a potato masher begin to smash them. I like it chunky so I smashed some very well and other only lightly to give different textures.
5. Squeeze some more lemon juice to finish, then add the cilantro.

Serving suggestions:

- Stuff baby bell peppers for a perfect bite size appetizer.
- Place the mash in a bowl, place on a platter with crackers, cucumbers, endive or baby bell peppers.
- Spread on toast and top with avocado and drizzle of oil.
- Mix into warm pasta.