

Sun-dried Tomato Chickpea Pâté --- from Lisa's 4Leaf Kitchen



Now that her kitchen update is finished, Lisa is cranking out recipes. This is a great lunch alternative to peanut/almond butter or as a nice addition to a salad.

You could also spread it on crostini bread as an appetizer, as shown in the photo.

Ingredients:

- 2 15 oz. cans of low sodium garbanzo beans, drained and rinsed or 4 cups dried and cooked
- 3 Tbls tahini
- 1 cup sundried tomatoes, not packed in oil (Trader Joe's sells them in a bag)
- 4 cloves garlic, minced
- 2-3 Tbls lemon juice
- 1 Tbls dried or fresh basil
- sea salt to taste
- fresh ground black pepper to taste
- 4 Tbls water or enough water to get a smooth consistency
- Optional: 1/4 cup parsley



Directions:

1. Puree all of the above ingredients in a food processor.
2. Slowly add enough water at the end to get a smooth consistency. If you want to use it as a sandwich filling, then you may want to make it thicker. You may want to add more water if you are using it as a dip, but we have also eaten it thicker as a dip.
3. Spread on whole grain bread with lettuce, tomatoes, cucumbers etc., add to a salad or use as a dip.
4. Enjoy!

Let me hear from you at lisa@4leafprogram.com

From Lisa with love...



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