

Chickpea and Spinach Salad with Cumin Dressing and Yogurt Sauce

- 2 (15-ounce) cans chickpeas, drained and rinsed
- ¼ cup chopped flat-leaf parsley
- ½ cup chopped red onion
- ¼ cup olive oil
- 3 tablespoons lemon juice
- ½ teaspoon lemon zest
- 1 ½ teaspoons ground cumin
- 1/8 teaspoon cayenne pepper
- Salt and pepper
- 4 cups baby spinach leaves
- Yogurt with Orange Essence, recipe below, optional
- 2 tablespoons coarsely chopped fresh mint leaves, optional

Yogurt with Orange Essence

- 1/3 cup lowfat plain yogurt
- ¼ teaspoon orange zest
- 2 tablespoons orange juice (definitely use the juice of an orange – not Tropicana)
- ½ teaspoon honey

In a medium bowl combine the chickpeas, parsley and onion. In a small bowl whisk together the olive oil, lemon juice, zest, cumin, cayenne pepper, salt and pepper. Pour the dressing over the chickpea mixture and toss to combine. Serve the chickpea salad over a bed of spinach leaves. Top with the yogurt sauce and a sprinkle of mint, if using.

In a small bowl, stir together the yogurt, orange zest, orange juice and honey.