



Chana Chat (Savory Garbanzo beans and Potato Salad)

(4 servings)

- One 16 oz can of Garbanzo beans, rinsed and drained
- 1 large Russet potato boiled, peeled, and diced
- 1 tablespoon Seven Happy Seeds Chana Masala
- 1 medium red onion finely chopped
- 2 medium ripe tomatoes cored and finely chopped
- 2 tablespoons chopped Cilantro
- ½ teaspoon Seven Happy Seeds Mint Yogurt Salad Spice (or a few Mint leaves finely chopped)
- 1 tablespoon Lemon juice
- 2 tablespoons Pomegranate kernels (optional)
- 1 teaspoon granulated sugar
- 2 tablespoons vegetable oil (or Olive oil)
- Salt to taste

1. Warm oil gently in a medium cooking pan. Remove from heat.
2. Add Chana Masala spice and Mint spice, and lightly toast spices, taking care to not burn them, and keep aside (this makes spices more aromatic)
3. In a mixing bowl, place garbanzo beans, potatoes, tomatoes, onions, cilantro, lemon juice, salt, and sugar, and toss lightly with spiced oil.
4. Top with Pomegranate kernels, and crunchy wonton strips (optional) just before serving

Enjoy as a side dish with rice or Pita, or as an appetizer with warm Pita wedges.

Shopping List:

- Canned Garbanzo beans
- Onions
- Tomatoes
- Lemon
- Pomegranate
- Cilantro
- Oil