

**The Pampered Chef®**  
**Spiced Chickpea Dip**  
**Recipe**

2 cans (400 g each) chickpeas, rinsed and drained  
1 can (400 g) chopped tomatoes in rich tomato juice  
2 teaspoons lemon juice  
1 small onion, finely chopped  
1 tablespoon olive oil  
1 tablespoon (peeled) finely chopped or finely grated fresh root ginger  
1 teaspoon ground cinnamon  
1 teaspoon ground cumin  
1/2 teaspoon cayenne pepper  
Toasted pine nuts, plain yogurt and snipped fresh parsley, to garnish (optional)  
*Stoneware-Baked Pitta Crisps* (optional)

- 1 Preheat oven to 180°C/fan 160°C/Gas 4. In **Classic Batter Bowl**, combine chickpeas, tomatoes and lemon juice; set aside. Finely chop onion using **Food Chopper**; set aside. Heat oil in **25-cm Skillet** over medium heat until hot.
- 2 Add root ginger, cinnamon, cumin and cayenne pepper. Toast spices, stirring continuously with **Bamboo Spoon**, about 30 seconds or until fragrant. Add onion; cook an additional 3-5 minutes or until onion is softened. Add onion mixture to batter bowl; coarsely mash with **Nylon Masher**.
- 3 Transfer chickpea mixture to **Mini-Baker** using **Nylon Spoon**; bake 20-25 minutes or until hot. Remove from oven; garnish with pine nuts, yogurt and parsley, if desired. Serve with *Stoneware-Baked Pitta Crisps*, if desired.

Yield: Serves 12

Per serving: Energy 369kJ/87kcal; Protein 5g; Fat 3g; Saturated Fat 0.3g; Carbohydrate 11g; Fibre 2.9g; Salt 0.4g

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