

Besides having olives, anchovies and artichokes stashed in your pantry, always stock a few different kinds of canned beans. Chickpeas and white beans can be used for salads, soups, and in this case, wonderful dips and spreads that can be used on toasted bread, crackers or even as a sandwich filling.

————— Cut Out Below —————

CHICKPEA AND OLIVE SPREAD

Makes 1 1/2 cups or 12 two tablespoon servings

1 14 ounce can (1 3/4 cups) chickpeas, drained and rinsed

2 scallions, thinly sliced

1/3 cup Napoleon Pitted Kalamata olives

1 tablespoon lemon juice

1/4 teaspoon coarse salt

Large pinch cayenne

1/3 cup Napoleon Extra-Virgin or Fruttato Olive Oil

1. Combine all the ingredients except the olive oil in a food processor. Pulse to combine and with the motor running, pour in the olive oil. Process until smooth.

Variation 1: Substitute 1 can (15 ounces or 1 3/4 cups) white beans for the chickpeas, omit the scallions and olives and add 4 Napoleon Rolled Anchovy Fillets and 2 tablespoons chopped Italian parsley.

Approximate Nutritional Analysis per Two Tablespoon Serving

Calories 50	□	Calories from Fat 35	□	Total Fat (g)4
Saturated Fat (g)0.5	□	Cholesterol (mg)0	□	Sodium (mg)85
Carbohydrate (g)3	□	Dietary Fiber (g)1	□	Sugars (g)0
Protein (g)1	□	Vitamin C (%DV)1	□	Vitamin A (%DV)0
Calcium (%DV)1	□	Iron (%DV)1		

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