

## September Cookbook Club Recipe

*The PDQ (Pretty Darn Quick) Vegetarian Cookbook*

Greek-Style Chickpea and Olive Bruschetta (vegan)

1 cup canned chickpeas, rinsed and drained  
3 Tablespoons canned chopped black olives  
1 ½ Tablespoons garlic-flavored olive oil  
1 ½ Tablespoons balsamic or red wine vinegar ¼ teaspoon dried oregano leaves ¼ teaspoon salt,  
preferably coarse or sea salt ¼ teaspoon freshly ground black pepper  
8 (4-inch round) mini pita breads (preferably whole wheat), lightly toasted

1. In a small bowl, toss all the ingredients except the bread until well combined. Mash with a fork into a coarse consistency. Set aside at room temperature for about 10 minutes to allow the flavors to blend; mash briefly again.
2. Spread about 2 Tablespoons evenly over each piece of bread. Serve at room temperature.

Servings: 8

Per Serving: Calories 157, Carbohydrate 24 g, Protein 5g, Total Fat 4 g, Saturated Fat 1 g,  
Cholesterol 0 mg, Sodium 275 mg, Fiber 3g

\* To reduce sodium, use 1/8 tsp of added salt.