BLAZIN’ BUFFALO CHICKPEA SALAD

YIELD: 25 servings
SERVING SIZE: ½ cup glazed garbanzo beans with 1 cup vegetables in shaker salad
PREP TIME: 15 minutes
COOK TIME: 20-30 minutes
# Blazin’ Buffalo Chickpea Salad

**Yield:** 25 servings  |  **Serving Size:** ½ cup glazed garbanzo beans with 1 cup vegetables in shaker salad  |  **Prep Time:** 15 minutes  |  **Cook Time:** 20-30 minutes

## Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight/Measure</th>
<th>Method</th>
</tr>
</thead>
</table>
| Garbanzo beans, low sodium, canned, drained, rinsed and drained to remove rinse water | 3 qt, ½ cup (approximately 1 ⅓ #10 cans) | 1. Pre-heat oven to 400°F.  
2. In large mixing bowl, combine drained garbanzo beans and buffalo wing sauce. Stir gently to coat beans.  
3. Line three full-size baking sheets with parchment or foil.  
4. Divide garbanzo beans between pans so that each has a single layer of beans.  
5. Place baking sheets in oven. Oven glaze for 5 minutes, then stir beans gently on pan. Return to oven and heat for 5 more minutes or until majority of sauce is set and beans are glazed but not roasted.  
6. Remove from oven and allow beans to cool, then transfer to pan to chill to 41ºF.  

**Chef’s Note:** Some sauce will collect at the bottom of the mixing bowl. Leave space on each sheet to evenly divide the last beans and additional sauce between all pans.

**CCP:** Cold hold at 41ºF.

| Buffalo wing sauce, commercially prepared | 1½ cup, 1 Tbsp | 7. Arrange vegetables in bottom of shaker container.  
8. Layer ¼ cup each of shredded carrots, sliced cucumbers, and diced celery.  
9. Top with ½ cup chopped romaine lettuce.  

**ASSEMBLE EACH SALAD:**

1. Place ½ cup of oven-glazed Buffalo Garbanzo Beans in bottom of the salad shaker container (2 cup or 16 fl oz size).  
2. Layer ¼ cup each of shredded carrots, sliced cucumbers, and diced celery.  
3. Top with ½ cup chopped romaine lettuce.  
4. Serve with 2-fl oz portion of reduced-fat Ranch dressing.  
5. Serve immediately or cover and refrigerate until service.  

**CCP:** Cold hold at 41ºF.

## Shaker Salad Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measure</th>
<th>Method</th>
</tr>
</thead>
</table>
| Carrot, shredded               | 1 qt, 2 ½ cup | 1. Place ½ cup of oven-glazed Buffalo Garbanzo Beans in bottom of the salad shaker container (2 cup or 16 fl oz size).  
2. Layer ¼ cup each of shredded carrots, sliced cucumbers, and diced celery.  
3. Top with ½ cup chopped romaine lettuce.  
4. Serve with 2-fl oz portion of reduced-fat Ranch dressing.  
5. Serve immediately or cover and refrigerate until service.  

**CCP:** Cold hold at 41ºF.

**Meal Components per serving:**  
2 oz eq Meat/Meat Alternate and 1 cup Vegetables (¼ cup Dark Green, ¼ cup Red/Orange and ½ cup Other vegetable subgroups)  

**Approximate nutritional contribution per serving:**  
315 Calories, 15 g Fat, 0 g Saturated Fat, 0 g Trans fat, 10 mg Cholesterol, 1015 mg Sodium, 40 g Carbohydrate, 7 g Dietary Fiber, 18 g Sugars, 9 g Protein, 6982 IU Vitamin A, 5 mg Vitamin C, 110 mg Calcium, 2 mg Iron.

**Cooling:** CCP: Cool to 70ºF or lower within 2 hours and from 70ºF to 40ºF within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**Sanitation Instructions:** Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.

*Other pulses may be used in this recipe. For example, great northern beans or navy beans may be used in place of garbanzo beans.*