

PICKLES & PEPPERS

**Curried  
Chickpea & Rice  
Salad with  
Sweet Gherkins**



**BAY VALLEY**  
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# Curried Chickpea & Rice Salad with Sweet Gherkins

10 Half-Cup Servings

## INGREDIENTS:

**Bay Valley Foods® Sweet Gherkins**,  
reserving liquid

Olive oil

Curry powder

Chickpeas

Long grain rice or wild rice blend

Chicken stock  
(or water with 1/2 tsp. salt added)

Brine from the pickles

Green onion, minced

## AMTS:

10 oz.  
(about 15 pickles)

1 Tbsp.

1 Tbsp.

1 1/2 cups (10 oz.)

1 1/2 cups

1 3/4 cups

1/2 cup

1 oz. (1/4 cup)

## PROCEDURE:

Choose 6 gherkins for garnish that are the same size, and fan each one by making parallel slits leaving the stem end intact. Set aside. Slice the remaining pickles into small even-sized pieces and set aside.

Heat oil over medium heat in a large pan with a tight-fitting lid. Add curry powder and stir until the perfume of the spice is released. Add the chickpeas and the rice and cook about two minutes, stirring constantly, until the rice becomes slightly translucent. Add liquids to rice and bring to a simmer. Cover the pan and simmer gently about 15 minutes (or bake in a preheated 375°F oven for 17 to 20 minutes).

Cool to room temperature and toss the rice mixture with sliced pickles and onions. Add salt to taste.

Mound the salad in a bowl and decorate with the gherkin "fans."

## NUTRITION (Per serving)

203 calories

4.5 g protein

40 g carbohydrate

2 g fiber

2.5 g fat

0 g saturated fat

0 g trans fat

0 mg cholesterol

476 mg sodium



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