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# Middle Eastern Chickpea Platter

★ **Prep Time:** 15 mins

★ **Cook Time:** 8 mins

★ **Total Time:** 23 mins

## ★ **Ingredients**

- 1 tablespoon oil, olive, extra virgin
- 1 small eggplant, (about 12 ounces), cubed
- 2 clove(s) garlic, minced
- 1/4 teaspoon salt, divided
- 2 tablespoon tahini (sesame seed paste)
- 3 tablespoon lemon juice
- 1 tablespoon water
- 1 can(s) beans, garbanzo (chickpeas), or cannellini, rinsed, 15- or 19-ounce can
- 3 tablespoon parsley, fresh, chopped, plus more for garnish
- 2 medium tomato(es), sliced
- 1/2 medium onion(s), red, thinly sliced
- 1/4 cup(s) cheese, feta, crumbled
- 1/4 cup(s) olives, Kalamata, or other briny black olives, pitted and halved
- 4 medium pita, whole-wheat, warmed and cut in half or into wedges

## ★ **Preparation**

- 1) Heat oil in a large nonstick skillet over medium heat. Add eggplant, garlic and 1/8 teaspoon salt and cook, stirring occasionally, until the eggplant is soft and beginning to brown, about 8 minutes.
- 2) Meanwhile, whisk tahini, lemon juice, water and the remaining 1/8 teaspoon salt in a medium bowl. Stir in chickpeas (or beans), parsley and the eggplant.
- 3) Arrange the chickpea-eggplant salad, tomatoes, onion, feta, olives (if using) and pitas on a platter. Serve at room temperature or chilled and sprinkled with more parsley, if desired.