

Chana Chaat (Savory Garbanzo beans and Potato Salad)

(4 servings)

- One 16 oz can of Garbanzo beans rinsed and drained
 - 1 large Russet potato boiled, peeled, and diced
 - 1 Tablespoon [Seven Happy Seeds Chana Masala](#)
 - ½ Teaspoon [Seven Happy Seeds Mint Yogurt Salad Spice](#)
 - 1 medium red onion finely chopped
 - 2 medium ripe tomatoes cored and finely chopped
 - 2 Tablespoons chopped Cilantro
 - 1 Tablespoon Lemon juice
 - 1 Teaspoon granulated sugar
 - 2 Tablespoons vegetable oil (or Olive oil)
 - Salt to taste
1. Heat oil in a medium cooking pan. Turn off heat before oil reaches smoking point.
 2. Add Chana Masala spice and Mint spice, and lightly toast spices taking care to not burn them. Remove from stovetop and let cool down to room temperature.
 3. Add garbanzo beans, potatoes, tomatoes, onions, cilantro, lemon juice, salt, and sugar, and toss lightly to coat ingredients well with the oil and spice mixture.
 4. Top with [Apple-date chutney](#) and enjoy as a side dish with rice or Pita, or as an appetizer with warm Pita wedges.