

Rainbow Chickpea Salad



This refreshing, easy to make salad full of crunchy vegetables and plant powered protein really satisfies. Feel free to customize with your favorite seasonings.

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

½ each	Red Onion, small dice
1 each	Cucumber, small dice
1 medium	Red Bell Peppers, small dice
½ cup	Cilantro, chopped
2 Tbsp	Extra Virgin Olive Oil
2 each	Lime, juiced
½ tsp	Kosher Salt
2 tsp	Oregano, ground
2 (15oz) cans	Chickpea, rinsed and drained

CHEF'S NOTES

This recipe uses chickpeas as the main ingredient, but you can add any other legume such as black beans, red kidney beans, or pinto beans. This recipe can be used as a side dish or addition to a salad or grain bowl. Using it as a topping on toasted pita bread makes for a tasty, nourishing snack!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place all ingredients in a medium mixing bowl. Toss until combined.
3. Chill for about 10 minutes before serving. Store leftovers in fridge for up to 3 days.

Nutrition Facts

8 servings per container

Serving Size 1 cup (169 g)

Amount per serving

Calories 150

% Daily Value *

Total Fat 5g 7%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 21g 8%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 30mg 3%

Iron 2mg 10%

Potassium 300mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

