

CHICKPEA & VEGGIE SALAD

NUTRITION FACTS

Serving Size: 1 cup (recipe makes 4 servings)

Calories: 193 | Carbohydrates: 31g | Protein: 6g | Total Fat: 5g | Saturated Fat: 0.5g | Sodium: 464mg (varies) | Fiber: 6g

INGREDIENTS

- 2 1/4 cups Cucumber, diced
- 1 cup Tomato, diced
- 1/4 cup Red onion, diced
- 1 cup Red bell pepper, diced
- 2 Tbsp Lemon juice
- 1/2 Tbsp Minced fresh parsley
- 1 Tbsp Extra virgin olive oil
- 15 ounce Can chickpeas (no salt added), rinsed and drained
- Salt and pepper to taste

DIRECTIONS

1. Combine all ingredients together in a bowl and toss.
2. Serve as a side dish, as a dip for your favorite chips, or enjoy as a small meal!

NOTES

Recipe inspired by <https://www.skinnytaste.com/chickpea-salad/>





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