Chickpea Salad

Enjoy as a side dish or as a healthy snack. Make this salad on the weekend and take a serving in your packed lunches all week.



This recipe also works well with white or black beans.

pittsburghfoodbank.org/recipecards





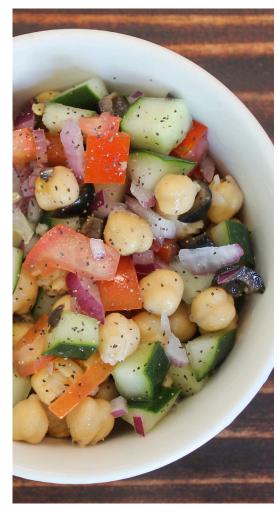
Chop cucumber and tomato. Finely chop red onion.



Add vinegar, oil, pepper and salt to a bowl. Stir to mix.



Pour vinegar mixture over chickpeas and vegetables.



Chickpea Salad

Preparation time: 10 minutes | Cook time: 5 minutes | Cost: \$2.25

Ingredients:

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 cup **cucumber**, chopped
- 1 cup **tomato**, chopped
- ½ cup red onion. finely chopped

- 2 tablespoons **black** olives, drained and chopped (optional)
- 2 tablespoons vinegar
- 1 teaspoon oil
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt

6 servings per container 1/2 cup Serving size

Amount per serving 120

Nutrition Facts

Calories

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes On Added Sug	ars 0%

Protein 5g

Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 174mg	4%

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

Directions:

- 1. Add chickpeas, cucumber, tomato, red onion and black olives, if using, to a mixing bowl. Stir to mix.
- 2. Add vinegar, oil and black pepper to a bowl. Stir to mix.
- 3. Pour vinegar mixture over chickpeas and vegetables. Stir to mix.
- 4. Store in an air-tight container in the refrigerator for up to five days.

Makes 6 servings









