

# 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.**

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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
- ¼ cup **red onion**, finely chopped
- 2 tablespoons **black olives**, drained and chopped (optional)
- 2 tablespoons **vinegar**
- 1 teaspoon **oil**
- ¼ teaspoon **black pepper**
- ⅛ teaspoon **salt**

## 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

## Nutrition Facts

6 servings per container  
**Serving size** 1/2 cup

Amount per serving  
**Calories** 120

% 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 0g Added Sugars 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 day is used for general nutrition advice.

