



EZ VEGETARIAN CHICKPEA SALAD

 6 portions

INGREDIENTS

- 2 cans black beans [drained and rinsed]
- 2 cans chickpeas [drained and rinsed]
- 1/2 red onion [chopped]
- 20 cherry tomatoes [halved]
- 1/2 cup fresh parsley [chopped]
- 1/2 cup fresh mint [chopped]
- 2 tbsp olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup lemon juice
- 1 tbsp Dijon mustard
- Salt and pepper

COOKING METHOD

1^o Description: Equipment: Large and Small Bowl Instructions: 1. In a large bowl, combine the chickpeas, black beans, red onion, cherry tomatoes, fresh parsley, and fresh mint. 2. In a small bowl, mix together olive oil, vinegar, lemon juice, salt, and pepper. Pour over the salad and toss to coat. Serving size is 1.33 cups

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (378 g)	% DRI
ENERGY	87 kcal	328 kcal	16 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	374 mg	1413 mg	59 %
CARBOHYDRATE	13 g	49 g	16 %
SUGARS	1 g	2 g	—
FIBER	5 g	18 g	73 %
PROTEIN	5 g	17 g	—