

# VEGAN CHICKPEA SALAD

## INGREDIENTS

- 1 cup cooked or canned chickpeas, drained and rinsed
- 3 Tbsp diced green bell pepper
- 2 Tbsp peeled, seeded and diced cucumber
- ½ cup diced tomato
- ½ Tbsp chopped fresh parsley
- 3 Tbsp snipped fresh dill or ¼ tsp dried dill
- ½ Tbsp lemon juice
- 1 Tbsp olive oil
- Salt and pepper to taste

## DIRECTIONS

1. In a medium-size bowl, combine all ingredients.
2. Refrigerate for several hours to allow flavors to blend.
3. Serve on romaine lettuce leaves or in whole-wheat pita bread pockets, or puree in a food processor to make a chickpea spread.



*Recipe courtesy of the Academy of Nutrition and Dietetics*

**Serving size:** ½ of recipe | **Serves:** 6

**Nutrition Information:** Calories: 76; Total fat: 3g; Saturated fat: 0.5g; Cholesterol: 0mg; Sodium: 122mg; Total carbohydrate: 11g; Dietary fiber: 2g; Protein: 2.5g.