

Chickpea Salad



**GREATER
CHICAGO
- FOOD -
DEPOSITORY.**

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Serves: 4

Prep: 10 minutes

INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 2 medium cucumbers, diced
- 1 large tomato, diced
- 1 small onion, diced
- 2 tablespoons lemon juice
- 1/2 tablespoon fresh parsley, minced*
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS

1. Combine all ingredients together and toss well.

*Substitutions

1/2 tbs. fresh parsley	—>	1 tsp. dried parsley
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Nutrition Information	
<i>Serving Size: 1/4 of recipe</i>	
Calories	197
Total fat	5 g
Saturated fat	0.8 g
Cholesterol	0 mg
Sodium	362 mg
Carbohydrates	33 g
Fiber	7 g
Sugar	5 g
Protein	7 g

Recipe source: skinnytaste.com