

Recipe of the Week

Chickpea Salad

Salad Ingredients:

1 can of chickpeas
2 cups diced cucumber
2 bell peppers, thinly sliced
1 cup grape tomatoes, halved
¼ cup red onion, sliced lengthwise
4 ounces fresh feta cheese, cut into chunks
Sprouts as garnish (optional)

Dressing Ingredients:

Juice of 2 fresh lemons
2 tablespoons extra virgin olive oil
2 oregano cubes
Salt and pepper to taste

Instructions:

1. Rinse and drain chickpeas
2. Toss all salad ingredients into a large bowl
3. In a small bowl whisk the lemon juice, olive oil, oregano, salt, and pepper.

***Makes 4-6 servings. Count each serving as a complete meal.
Add 1 tablespoon dressing as a fat.***

