

CHICKPEA SALAD WITH PISTACHIOS AND MINT

This chickpea salad with pistachios and mint is a great vegetarian dish that's full of protein and fiber for digestive support. It can be eaten in a sandwich, on crackers, in a lettuce wrap or out of the bowl.

Yields 4 servings

- 2 cans chickpeas 15.5 ozs.
- ¼ cup red onions
- ¼ cup golden raisins
- 2 stalks celery chopped
- ¼ cup pistachios chopped
- 2 tbsp. fresh mint
- 3 tbsp. avocado mayo
- ½ lemon juiced (squeezed)

Instructions

- Drain and rinse chickpeas in strainer. Once dried, place in a large bowl
- Add celery, raisins and red onions. Toss to combine
- In a small bowl, whisk together avocado mayo and lemon juice
- Combine avocado & lemon with chickpea mixture and stir until chickpeas are coated with avocado mayo. Sprinkle in fresh mint, sprinkle fresh mint then place in refrigerator for 20 minutes to allow favor to marinate.

Total Fat 13.2g

4% Cholesterol 11.3mg

13% Total Carbohydrate 38.5g

Sugars 11.2g

1% Vitamin A 12.8µg

12% Iron 2.1mg

14% Sodium 342.4mg

37% Dietary Fiber 9.3g

21% Protein 10.3g

3% Vitamin C 1.9mg